

Isometric Abdominal



Lying on back with knees bent, tighten stomach muscles. Hold six seconds, then relax. Repeat ten times, twice per day.

Lower Trunk Rotation Stretch



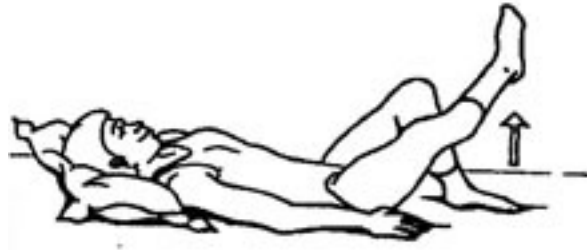
Keeping shoulder blades flat on floor and feet together, rotate knees to one side until a stretch is felt in the trunk. Hold two seconds, then relax. Repeat ten times on each side, twice per day.

Bridging



Tighten stomach muscles, then slowly raise buttocks two inches off floor. Hold two seconds, then relax. Repeat ten times, twice per day.

Straight Leg Raise



Tighten stomach muscles, then slowly raise straight leg approximately ten inches off floor. Repeat ten times on each side, twice per day.

Isometric Hip Flexion



Tighten stomach muscles, then raise knee to outstretched hand. Gently push, keeping arm straight and trunk rigid. Hold six seconds, then relax. Repeat ten times on each side, twice per day.