

AT-HOME EXERCISES

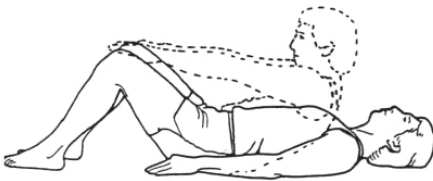
CORE STRENGTHENING/LOW BACK



Glute Squeeze

Tighten buttocks while pressing pelvis to floor.

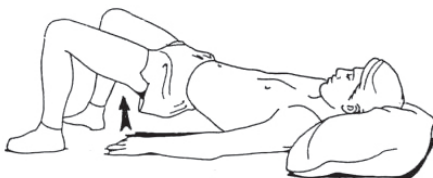
- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



Curl-Up

With arms at sides, tilt pelvis to flatten back. Raise shoulders and head from floor. Use arms to support trunk if necessary.

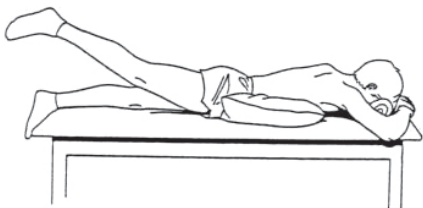
- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



Bridging

Slowly raise buttocks from floor, keeping stomach tight.

- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



Prone Hip Extension

Keep knee locked and raise leg at hip. Be careful to avoid arching low back.

- Hold 15 seconds.
- Repeat 3 times on each side.
- Do 2 sessions per day.

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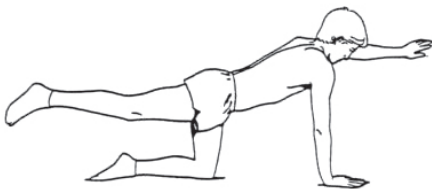
CORE STRENGTHENING/LOW BACK



Diagonal Curl-Up

Keeping arms folded across chest, tilt pelvis to flatten back. Lift head and shoulders from floor while rotating to one side.

- Hold 15 seconds.
- Repeat 3 times on each side.
- Do 2 sessions per day.



Quadruped Opposite Upper and Lower Extremity Extension

Tighten stomach and simultaneously raise leg and opposite arm.

- Hold 15 seconds then slowly return to starting position, keeping trunk ridged.
- Repeat 3 times on each side.
- Do 2 sessions per day.