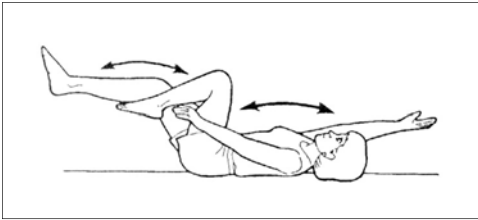
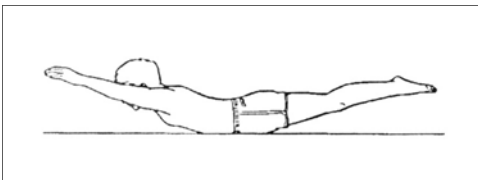




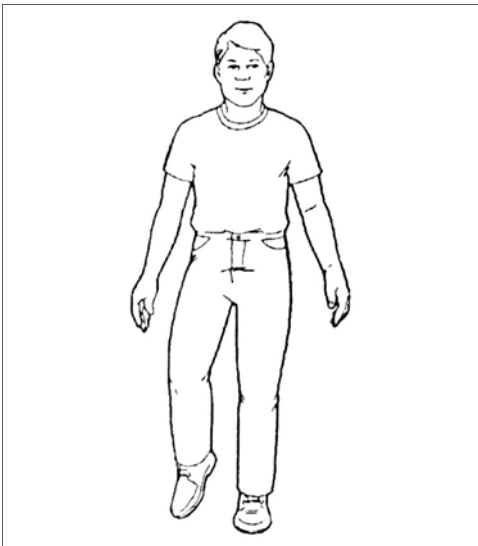
1. Assume the position shown, with one knee on a pillow
2. Keeping your chest upright, tighten your abdominal and buttock muscles, and slowly push your hips forward
3. Hold for 30 seconds
4. 5 repetitions, 2 times per day



1. Lie on back with your knees bent
2. Tighten your buttock and abdominal muscles to hold your spine stable in neutral throughout the rest of the exercise
3. Relax your neck and shoulders as you lift your arms and feet off the floor
4. Slowly move your OPPOSITE arm and leg up and down as shown, without allowing your spine to move
5. Hold 10 seconds, repeat on the other arm and leg
6. 10 repetitions, 2 times per day



1. Lie on belly with arms overhead as shown
2. Raise head, arms and legs off the floor as shown
3. Hold 10 seconds
4. 10 repetitions, 2 times per day



1. Stand upright on one leg, knee bent slightly
2. Lift other leg from floor, without allowing the spine to move, or your weight to shift excessively
3. Hold for 30 seconds, then repeat with the other leg
4. 5 repetitions, 2 times per day

