

BRACE SUPINE MARCHING

While lying on your back with your knees bent, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving.

Repeat 15 Times
 Hold 1 Second
 Complete 1 Set
 Perform 3 Time(s) a Day



BRIDGING WITH PILLOW SQUEEZE

While lying on your back, place a pillow between your knees and squeeze the pillow. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Repeat 15 Times
 Hold 3 Seconds
 Complete 1 Set
 Perform 3 Time(s) a Day



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 15 Times
 Hold 3 Seconds
 Complete 1 Set
 Perform 3 Time(s) a Day

