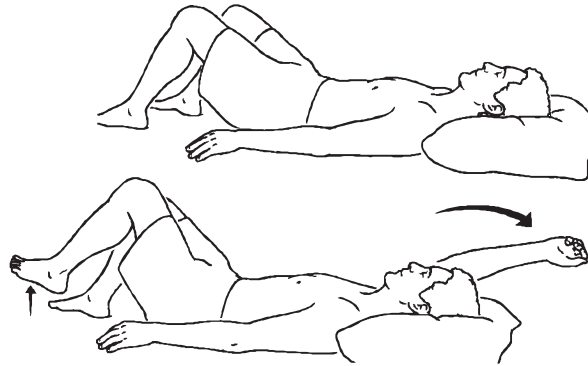


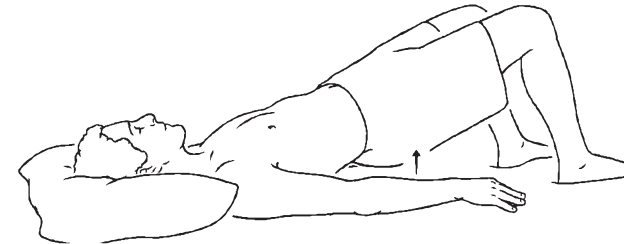
TRUNK STABILITY - 7 Combination (Hook-Lying)



Tighten stomach and slowly raise right leg and lower opposite arm over head. Keep trunk rigid.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

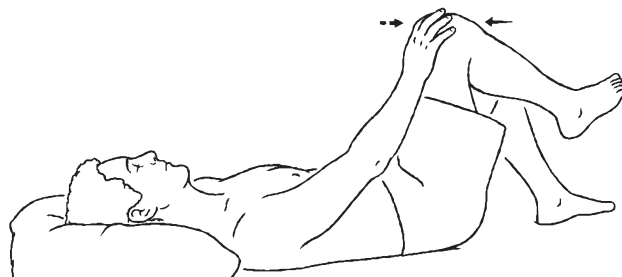
TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

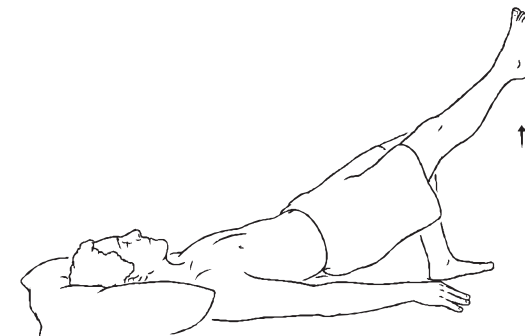
TRUNK STABILITY - 10 Unilateral Isometric Hip Flexion



Tighten stomach and raise right knee to outstretched arm. Push gently, keeping arm straight, trunk rigid. Hold 3 seconds.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 13 Bridging:
with Straight Leg Raise

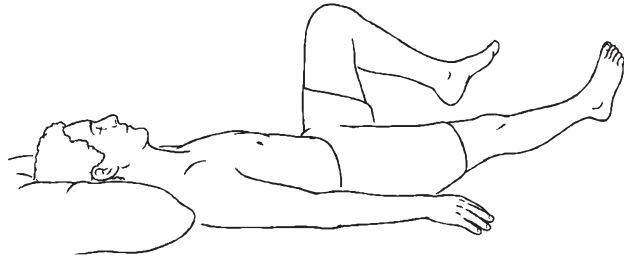


With legs bent, lift buttocks 3-5 inches from floor. Then slowly extend right knee, keeping stomach tight.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.

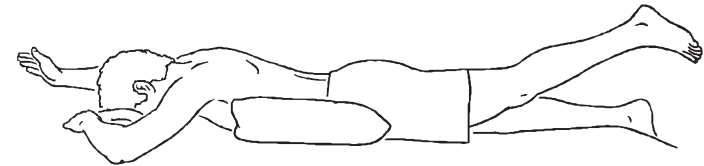
TRUNK STABILITY - 15 Advanced Straight Leg Raise



With knees bent and feet 3-5 inches from floor, slowly straighten right leg, keeping stomach tight.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 18 Opposite Arm / Leg Lift (Prone)



Abdomen and head supported, right knee locked, raise leg and opposite arm 3 inches from floor.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.