



ABDOMEN HOLLOW

While in bent knee “sit-up” position allow arms to rest away from body with palms up. Inhale and exhale completely with Abdomen. While exhaling allow stomach to sink then help it by pulling belly button to spine, hold for 7 seconds. Relax, inhale and allow stomach to return to resting state then repeat.



PELVIC TILT

While in bent knee “sit-up” position allow arms to rest away from body with palms up. Inhale and exhale completely with Abdomen. Inhale while allowing stomach to rise as you slowly arch low back, hold for 5 seconds. Exhale while allowing stomach to sink then help it by pulling belly button to spine and rock pelvis forward, keeping knees no more than 6 inches apart, hold for 5 seconds. Repeat.



BRUGGER

Sit on a flat surface in readiness position and arms down along sides. Inhale while rotating arms outward, squeeze shoulder blades down and back together (as if you were squeezing a pencil between the shoulder blades) and retract chin simultaneously. Hold for 5 seconds. Exhale while returning to readiness position. Relax. Repeat



SHOULDER WALL SLIDES

Sit on a flat surface with back against a wall in readiness position and arms at shoulder height in full contact with wall. Inhale while pulling arms down toward sides. Squeeze shoulder blades down and back together during slide (as if you were squeezing a pencil between the shoulder blades) and retract chin simultaneously. Hold for 5 seconds. Exhale while returning to start position. Relax. Repeat.



WALL SQUAT

Stand with back against a wall or flat surface in readiness position, feet 1-2 feet away from wall and arms crossed at shoulder height. Inhale while lowering your body and squatting down up to 90 degrees. Squeeze shoulder blades down and back together during slide and keep low back flat against wall. Hold for 5 seconds. Exhale while returning to start position. Relax. Repeat.



LUNGE STRETCH

Stand in readiness position, feet together, hands on waist. Step forward and lower your body down up to 90 degrees at the knee. Inhale as you squeeze shoulder blades down and back together, tilt pelvis forward and shift body forward to activate a stretch in quad and hip flexor. Hold for 5 seconds. Exhale while returning to start position. Alternate. Repeat.

123REHAB HOME EXERCISES
15 TO 20 EACH FOR 2 WEEKS EVERY 2 MONTHS