

QUADRUPED

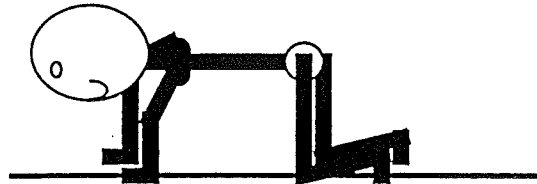
Purpose: To strengthen the lower back, hip, shoulder and arm muscles while increasing awareness of neutral spine.

LEVEL 1

Start Position: On all fours with hands under shoulders and knees under hips. Ensure elbow joint is not locked and shoulder blades are spread apart.

Movement: Contract abdominal muscles to stabilize spine. Distribute your weight between your right arm and left leg. Then switch the weight distribution to the other arm and leg. Do not lift the unweighted limbs. Keep back and hips steady and do not let shoulders rise, drop or twist as you switch your weight from side to side.

Time: 1 minute, slowly shifting weight



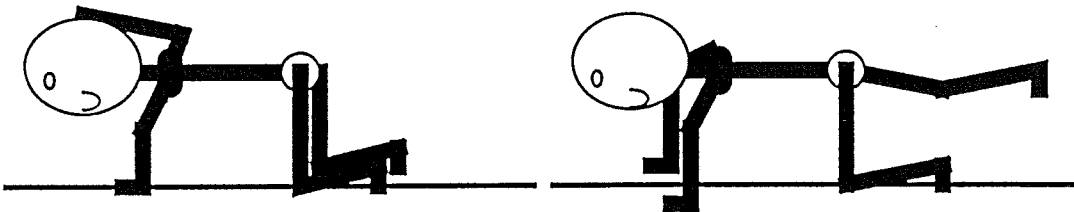
LEVEL 2

Start Position: as in level 1

Movement: Tighten abdominal muscles and raise one arm off the floor level with shoulder. Hold elbow joint at 90 degrees with thumb pointing toward ceiling. Ensure supporting arm remains bent. Return arm to floor and then raise and extend one leg by tightening the buttocks and hamstring muscles. Keep hips steady and level. Then repeat with other arm and then with the other leg.

* Ensure neck and back are in neutral position.

Time: 1 minute, hold each limb for 10 seconds

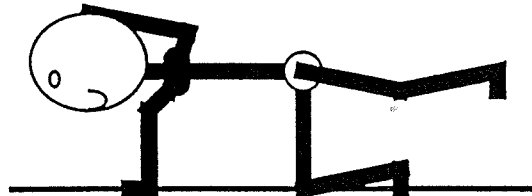


LEVEL 3

Start Position: as in level 1

Movement: Tighten abdominal muscles to stabilize spine in neutral then lift, at the same time, one arm in hook position and the opposite leg. Keep shoulders, hips and back as motionless as possible during the exercise.

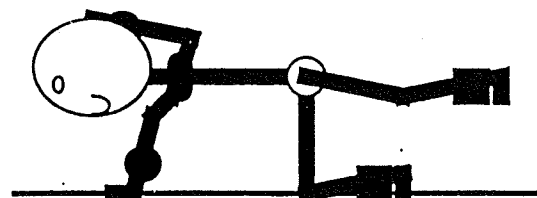
Time: 2 minutes, hold each arm and leg combination 10-15 seconds then switch.



LEVEL 4

Same as level 3 with 5 lb. ankle weights and 3 lb. wrist weights.

Time: 2 minutes, hold each arm and leg combination 10-15 seconds.



SUPERMAN

Purpose: To strengthen the lower spine extensor muscles, buttock muscles and leg, arm and shoulder muscles. * A pillow may be used under hips to assist in stabilizing your neutral spine

LEVEL 1

Start Position: Lay on stomach with feet flexed and toes in contact with the floor. Arms should be at your side with palms facing down and thumbs facing outward. Find neutral spine and look directly at mat.

Movement: Contract abdominal muscles to stabilize spine. Lift head slightly off mat. Lift one arm off floor so that it is level with body. Hold for five seconds then lift other arm. With both arms in contact with floor and applying pressure, lift one leg off floor. Focus on extending the leg without lifting too high. Ensure hips stay in contact with floor and abdominal muscles are contracted.

Time: 1 minute, switching every 5 seconds

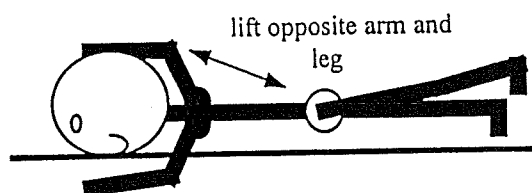


LEVEL 2

Start Position: as in level 1 with elbows bent at 90 degrees in hook position and thumbs facing toward ceiling.

Movement: Contract abdominal muscles to stabilize spine. Lift head slightly off mat and lengthening through neck. Lift one arm off floor so that it is level with shoulder and lift opposite leg. Ensure hips stay in contact with floor and abdominal muscles are contracted.

Time: 2 minute, hold each opposite arm/leg combination for 10 seconds then switch

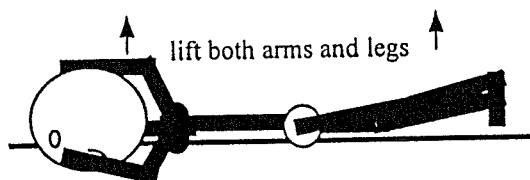


LEVEL 3

Start Position: as in level 2

Movement: Contract abdominal muscles to stabilize spine. Lift head slightly off mat lengthening through neck. Lift both arms and both legs off floor. Do not arch back. Focus on lengthening the legs and spreading shoulders apart. Shoulder blades should appear flat. Ensure hips stay in contact with floor and abdominal muscles are contracted.

Time: 1 minute

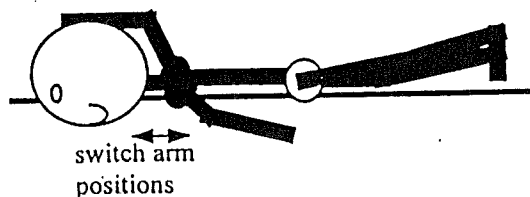


LEVEL 4

Start Position: Same as level 2

Movement: Begin at level 3 add movement of arms in a swimming pattern. Keep shoulder blades spread apart and movement should be slow and controlled. Ensure hips stay in contact with floor and abdominal muscles are contracted.

Time: 2 minutes, hold position 10 seconds.



SIDE LYING

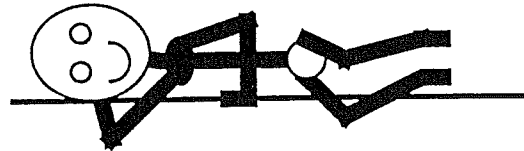
Purpose: To strengthen the abdominal and oblique abdominal muscles, hip abductors and adductors, and lower back muscles.

LEVEL 1

Start Position: Lay on side with bottom arm bent and hand at back of your head. Have knees and hips bent at 90 degrees.

Movement: Stretch head out long and simultaneously push it back into your hand. Push upper hand down into the floor. Pull toes up (flexing ankles). Tighten abdominal muscles and slowly raise the upper leg so that it is level with the hip. Keeping the knee and ankle level.

Time: 1 minute hold

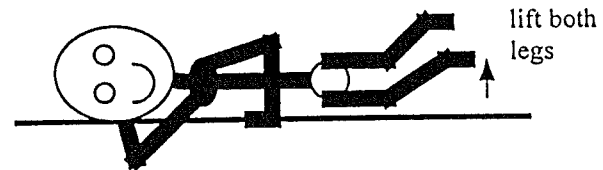


LEVEL 2

Start Position: as in level 1

Movement: as in level 1 but raising the bent lower leg up towards the upper one, leaving space between the knees and feet. Hips bent at 60 degrees.

Time: 1 minute hold.

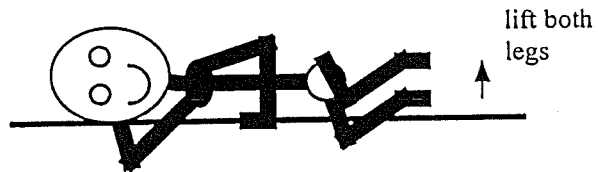


LEVEL 3

Start Position: as in level 1

Movement: as in level 1 with hips and knees at 90 degrees lifting both legs.

Time: 1 minute hold.

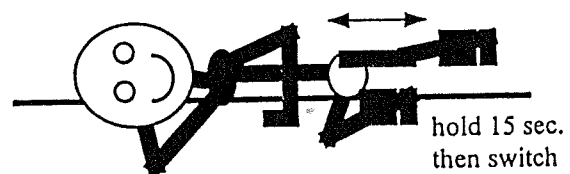
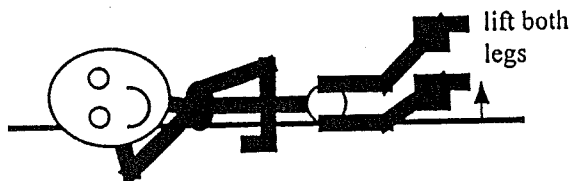


LEVEL 4

Start Position: as in level 1 with 5 lb. ankle weights.

Movement: As in level 1. Lifting both legs bring one toward chest while straightening the other. Hold for 15 seconds then bring other leg up toward chest.

Time: Continue to switch for 2 minutes.



DEAD BUG

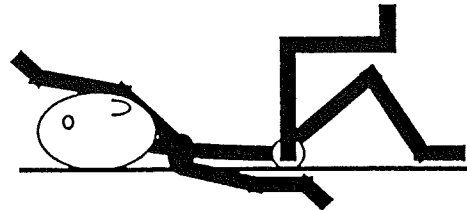
Purpose: To strengthen the lower abdominal muscles used to hold a neutral spine against the resistance of the weight of your arms and legs.

LEVEL 1

Start Position: Lay on back with knees bent and feet flat on floor and hands at your side. Find your neutral position and contract abdominal muscles.

Movement: Raise your arm and opposite leg. Then lower the arm and leg to the floor and repeat the movement with the other arm and leg. Use your abdominal muscles to firmly hold your neutral position. Movement should be smooth and controlled.

Time: 1 minute

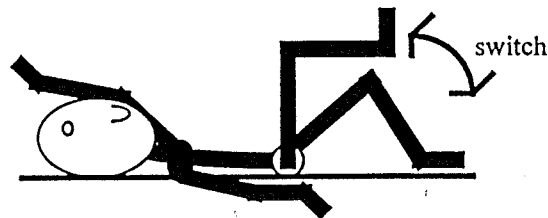


LEVEL 2

Start Position: As above

Movement: Raise your arm and opposite leg. Then lower the arm and leg to the floor while raising the other arm and leg simultaneously.

Time: 2 minutes

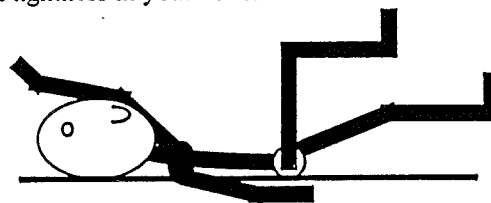


LEVEL 3

Start Position: Lay on back with hips and knees at 90 degrees. Ensure back is held in neutral position by contracting the abdominal muscles.

Movement: Raise your arm while straightening your leg on the same side. you should not feel tightness in your back when doing this exercise. you should feel tightness in your abdominal muscles.

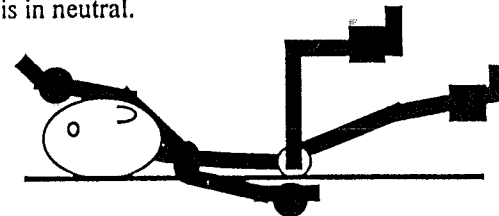
Time: 2 minutes



LEVEL 4

Same as LEVEL 3 with the addition of 5 pound ankle weights and 3 pound wrist weights.

* Ensure abdominal muscles are contracted and spine is in neutral.



BRIDGING

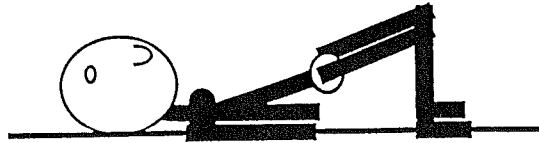
Purpose: To strengthen the abdominal, buttocks and lower back muscles while keeping a neutral spine.

LEVEL 1

Start Position: Lay on back with spine in neutral position and hands at your side with palm facing upwards.

Movement: Tighten abdominal to hold spine in stable position. Tighten buttock muscles and slowly raise hips up off floor. Use abdominal and buttocks to maintain neutral spine and ensure hips stay level.

Time: 1 minute hold.



LEVEL 2

Start Position: as in level 1 but holding arms up off the floor along side the body with palms facing up.

Movement: as in level 1.

Time: 2 minute hold.

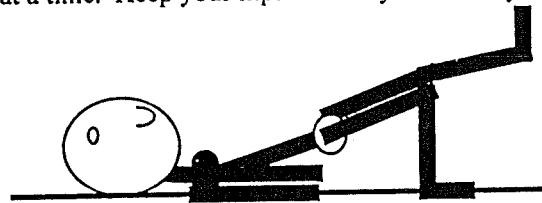


LEVEL 3

Start Position: as in level 1.

Movement: Start at level 1 position maintain contraction of abdominal and buttock muscles to hold lower trunk stable as you begin lifting your legs one at a time. Keep your hips level as you extend your legs.

Time: 2 minutes, holding leg for 5 seconds.

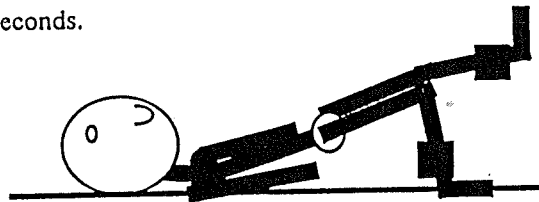


LEVEL 4

Start Position: as in level 1

Movement: as in level 3 with the arms off the floor along side your body with palms facing upwards and 5 lb. weights on ankles.

Time: 2 minutes, holding leg extended for 5 seconds.



PARTIAL SIT-UPS

Purpose: To strengthen the abdominal muscles.

PARTIAL DIAGONAL SIT-UPS

Purpose: To strengthen the abdominal and lateral oblique abdominal muscles.

LEVEL 1

Start Position: Lay with feet on floor, knees bent and back and neck in neutral position.

Movement: Use abdominal muscles to slide your hands up toward your knees and raise your upper back off the floor. Hold for a count of two. Do not thrust upwards movement should be smooth and relaxed.

* Ensure neck stays in neutral position.

3 sets of 5 to the center

3 sets of 5 to the right

3 sets of 5 to the left



LEVEL 2

Start Position: Lay with feet on floor, knees bent and back and neck in neutral position. Place hands behind head for support and elbows facing outward.

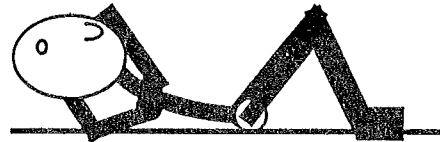
Movement: Use abdominal muscles to raise your upper back off the floor. Hold for a count of two. Do not thrust upwards movement should be smooth and relaxed. Hold for a count of two.

* Ensure neck stays in neutral position.

3 sets of 10 to the center

3 sets of 10 to the right

3 sets of 10 to the left



LEVEL 3

Start Position: Hold feet up off floor with hips and knees bent at 90 degrees and back and neck in neutral position. Place hands behind head for support and elbows facing outward.

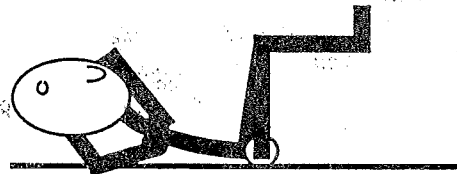
Movement: as above - keep legs and hips still. Hold for a count of two.

* Ensure neck stays in neutral position.

3 sets of 10 to the center

3 sets of 10 to the right

3 sets of 10 to the left



LEVEL 4

Start Position: Hold feet up off floor with knees slightly bent and hips at 60-70 degrees and back and neck in neutral position. Place hands behind head for support and elbows facing outward.

Movement: as above - keep legs and hips still. Hold for a count of two.

* Ensure neck stays in neutral position.

3 sets of 10 to the center

3 sets of 10 to the right

3 sets of 10 to the left



STABILIZATION STRENGTH EVALUATION

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Client: _____

Date: _____

EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
PARTIAL SIT-UPS - neck must stay in neutral position - hold in up position for 2 second count	arms straight with hands on thighs 3 x 5 forward 3 x 5 right 3 x 5 left ①	arms lightly in touch with back of head 3 x 10 forward 3 x 10 right 3 x 10 left ②	arms behind head and hips/and legs at 90° 3 x 10 forward 3 x 10 right 3 x 10 left ③	hips at 60-70° and legs straight 3 x 10 forward 3 x 10 right 3 x 10 left ④
SUPERMAN (prone) - lie on stomach, toes in contact with floor, thumbs facing out.	arm at side thumb facing out lift arm hold 5 sec. then lift leg hold 5 sec. repeat each side continuously for 1 min. ①	arm in hook alternate opposite arm/leg lifts alternate every 10 sec. 2 min. ②	Superman arms in hook position legs extended 1 min. ③	Superman with dynamic arms movement (swimming action). Hold 10 seconds each position. 2 min. ④
DEAD BUG - ensure stomach muscles tight and back does not arch	supported 2 min. ①	pseudo supported 2 min. ②	unsupported 2 min. ③	unsupported 3 lb. & 5 lb. wts. on arm/leg 2 min. ④
SIDE LYING - lie on side bottom arm tucked under head and upper arm cross chest and pushing into floor with hand	legs bent hips at 90° lift top leg 1 min. hold each side ①	legs bent hips at 60° lift both legs from floor 1 min. each side ②	legs bent hips at 90° lift both legs from floor 1 min. each side ③	legs straight, bring one leg toward chest and hold for 15 sec. then switch to other leg. 5 lb. wts. on leg 2 min. each side ④
QUADRIPED (Hands&Knees) - knees directly under hips and hands under shoulders with elbows bent	hold starting position switch body weight between opposite limbs 1 min. ①	hold arm in hook position then switch to leg. switch every 10-15 sec. 1 min. ②	hold arm in hook position and leg extended. switch every 15 sec. 2 min. ③	hold arm in hook position and leg extended. 3 lb. & 5 lb. wts. on arm/leg switch every 10-15 sec. 2 min. ④
BRIDGING - knees bent and feet on floor place arm beside body thumbs facing out - maintain neutral position	bridge position with arms in contact with floor 1 min. ①	bridge position with arms straight at side of trunk and up off the floor 2 min. ②	bridge position arms in contact with floor alternating leg extension 5 sec. hold 2 min. ③	bridge position with arms straight at side of trunk and up off the floor leg extension 5# wts 2 min. ④
WALL SLIDE - hips and knees at 90° ensure spine in neutral, neck and shoulders are relaxed	Less than 1 min. _____ Time Completed ①	1 min. ②	2 min.- 4 min. _____ Time Completed ③	5 min. ④

FUNCTIONAL EVALUATION

FUNCTIONAL TESTS	Can not do with cueing	Perfect with cueing	Perfect without cueing
SIT ↔ STAND	①	①	②
STAND ↔ KNEEL ↔ FLOOR	①	①	②
ROLL	①	①	②
REACH OVERHEAD (against wall)	①	①	②
LIFT ITEM FROM FLOOR TO WAIST	①	①	②
SUMO SQUAT POSITION	①	①	②

TEST RESULTS

FUNCTIONAL TEST

points _____

STABILIZATION STRENGTH TEST

of exercises level 1 _____ points _____

of exercises level 2 _____ points _____

of exercises level 3 _____ points _____

of exercises level 4 _____ points _____

Total points _____

Comments: _____

