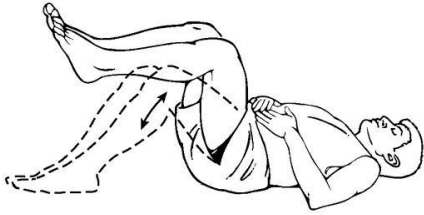


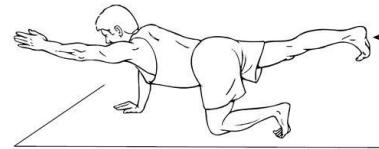
Date:  
Patient Name:

### DOUBLE LEG HOLD



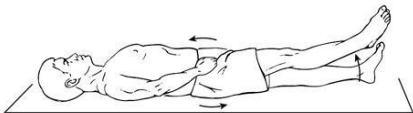
1. Lie on your back with your hips and knees bent.
2. Bend your legs/hips toward you as shown.
3. Tighten your inner core and press your back flat into the floor.
4. While keeping your back flat on the floor, *slowly* let your legs back down. When you feel your back start to arch, stop and hold that position. **Count out loud to 15. Do not hold your breath!**
5. Return to the starting position.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### QUADRIPED • Opposite UE/LE Lift



1. Position yourself on your hands and knees.
2. Keep your back flat and parallel to the floor. Do not allow it to arch or move during this exercise.
3. Lift your left arm up to shoulder height. Hold this position and lift your right leg to the same height.
4. Balance and hold this position for 15 to 30 seconds.
5. Return to starting position and repeat with the opposite arm and leg.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### PELVIC TILT AND SLR



1. Lie on the floor as shown. You may do this exercise with your knee bent or straight. It is harder with the knees straight.
2. Tighten your stomach and buttock muscles and push back flat onto floor. If you do this properly your pelvis will rotate in the direction shown in the diagram.
3. While keeping your back flat on floor, slowly lift one leg off the floor 6 inches while keeping your knee straight. **Do not let your back arch. Count out loud to 15.**
4. Repeat with the opposite leg.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.