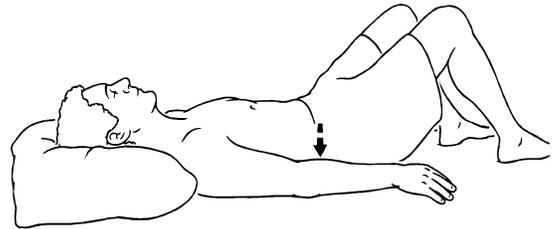




Family Care Plus Physical Therapy & Wellness
G-2037 S Center Rd, Ste A
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Created By: Sachin Desai, PT
Hours: Monday through Friday, 8:00 AM till 6:00 PM
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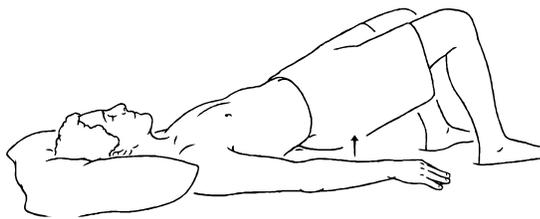
TRUNK STABILITY - 4 Isometric Abdominal



Lying on back with knees bent, tighten stomach by pressing elbows down. Hold 10 seconds.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

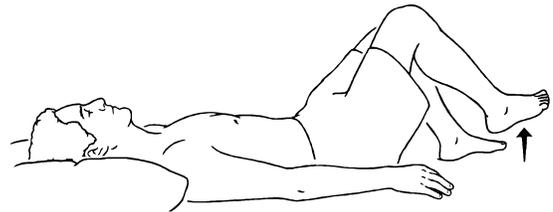
TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

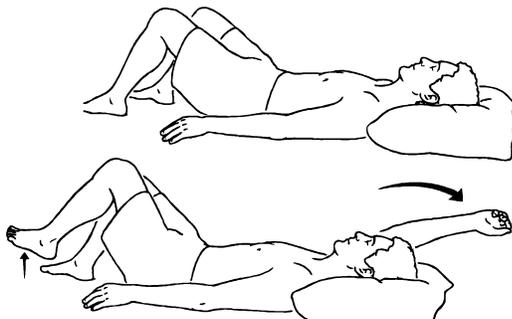
TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise right leg 4-6 inches from floor. Keep trunk rigid. Hold seconds.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

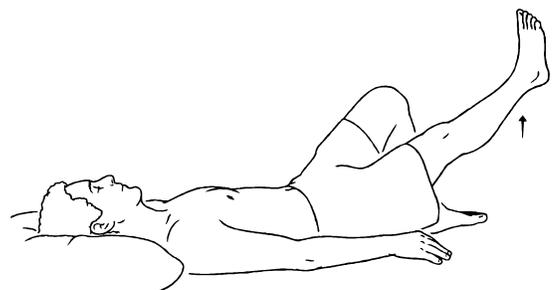
TRUNK STABILITY - 7 Combination (Hook-Lying)



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

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

TRUNK STABILITY - 12 Straight Leg Raise

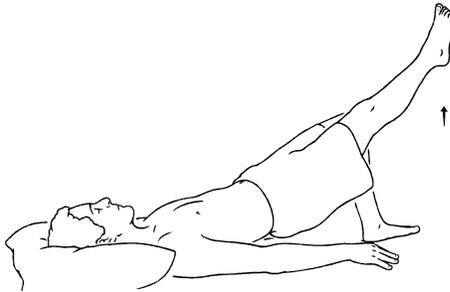


Tighten stomach and slowly raise locked right leg 4-8 inches from floor.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.



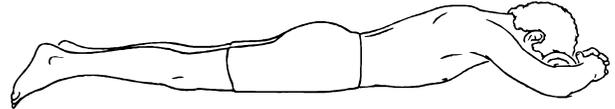
TRUNK STABILITY - 13 Bridging:
with Straight Leg Raise



With legs bent, lift buttocks 2-4 inches from floor. Then slowly extend right knee, keeping stomach tight.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

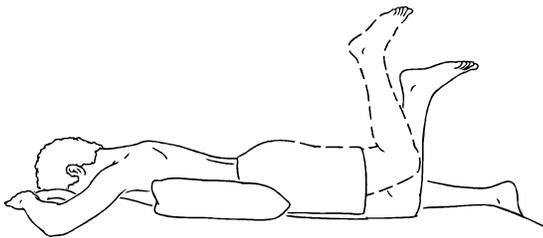
TRUNK STABILITY - 25 Neck / Back Isometric (Prone)



With pelvis slightly tilted, tense the muscles of back and neck without moving or lifting trunk.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

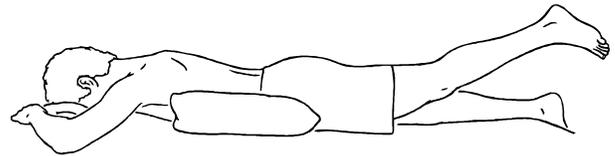
TRUNK STABILITY - 16 Bent Knee Lift (Prone)



Abdomen and head supported, bend right knee and slowly raise hip. Avoid arching low back.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

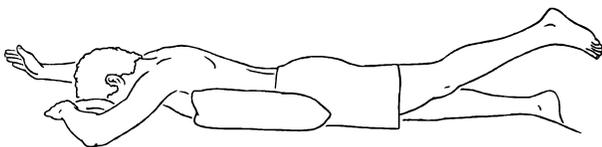
TRUNK STABILITY - 17 Straight Leg Raise (Prone)



Abdomen and head supported, keep right knee locked and raise leg at hip. Avoid arching low back.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

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



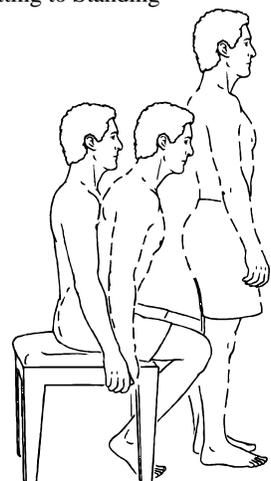
Abdomen and head supported, right knee locked, raise leg and opposite arm 2-4 inches from floor.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

TRUNK STABILITY - 31 Sitting to Standing

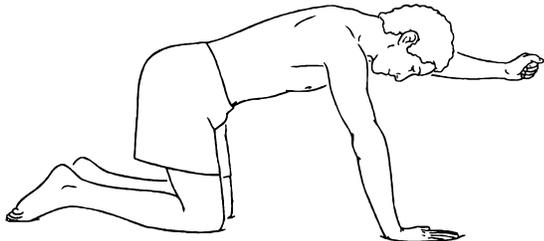
With straight back, tighten stomach, place right leg back under chair, lean slightly forward and stand.

Repeat 10 times per set.
Do 3 sets per session.
Do 3 sessions per day.



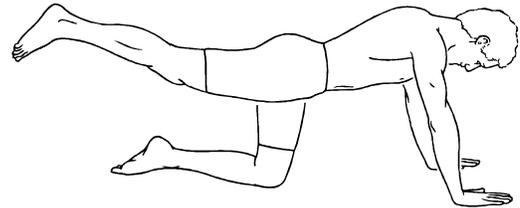


TRUNK STABILITY - 19
Upper Extremity Extension (All-Fours)



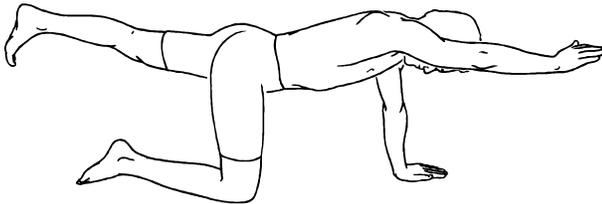
Tighten stomach and raise right arm parallel to floor.
Keep trunk rigid.
Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

BACK - 8 Hip Extension (All-Fours)



Lift right leg back with knee slightly flexed. Do not arch neck or back.
Repeat 10-15 times per set. Do 3-4 sets per session.
Do 3 sessions per day.

BACK - 10 Arm / Leg Extension: Alternate (All-Fours)



Raise right arm and opposite leg. Do not arch neck.
Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.