1: 794 - Planks -- Short Lever in Side-lying

- Lie on your side with your knees bent to 90 degrees and spine straight
- Prop up onto your elbow
- Tighten your stomach muscles and raise hips up off surface about 8 inches
- Repeat as instructed and make sure this is pain free.

Sets: 2 Reps: 15 Sessions: 1 Every other day Resistance: As Tolerated
Hold Time: 5s Side: Both

2: 223 - Side Plank (on Elbow)

- Lie on side with elbow just under shoulder
- Lift hips off of surface until spine is straight
- Hold and repeat as instructed and make sure this is pain free.
- Keep abdominal muscles tight throughout exercise

Sets: 2 Reps: 15 Sessions: 1 Every other day Resistance: As Tolerated
Hold Time: 5s Side: Both

3: 140 - Pelvic Bridging

- Lie on your back with knees bent to 90 degrees
- Squeeze your buttocks muscles lightly, then lift hips off floor about 5 inches
- Do not tilt pelvis forward or backwards throughout exercise
- Repeat as instructed and make sure this is pain free.

Sets: 2 Reps: 15 Sessions: 1 Every other day Resistance: As Tolerated
Hold Time: 5s Side: Both

4: 106 - Bridging with Leg Extension

- Lie on back with head supported and knees bent
- Draw belly button toward spine, tightening stomach muscles
- Raise hips off of surface
- Extend one knee while keeping hips raised and pelvis level
- Repeat as instructed and make sure this is pain free.

Sets: 2 Reps: 15 Sessions: 1 Every other day Resistance: As Tolerated
Hold Time: 5s Side: Both

5: 246 - Abdominal Draw In -- Alternating Leg Extension

- Lie on back with head supported and knees bent
- Draw belly button toward spine, tightening stomach muscles
- Lift feet off the surface by bending hips and knees to 80 degrees
- Slowly straighten on leg, then alternate with the other
- Do not arch the spine during the

Sets: 2 Reps: 15 Sessions: 1 Every other day Resistance: As Tolerated
Hold Time: 5s Side: Both

6: 549 - Abdominal Draw In -- Double Leg Extension

- Lie on back with head supported and knees bent
- Draw belly button toward spine, tightening stomach muscles
- Lift feet of the surface by bending hips and knees to 80 degrees
- Extend legs, keeping them about 3-4 inches off the floor, then return to starting position
- Repeat as instructed and make sure

Sets: 2 Reps: 15 Sessions: 1 Every other day Resistance: As Tolerated
Hold Time: 5s Side: Both

7: 944 - Wall Slide

• Stand with feet shoulder width apart, back flat against wall
• Slowly lower body to 70 degree knee angle, then return to standing
• Repeat as instructed and make sure this is pain free.

Sets: 2 Reps: 10 Sessions: 1 Every other day Resistance: As Tolerated
Hold Time: 5s Side: Both