

DeGraffenreid Chiropractic P.A.

Low Back Stabilization Exercises

All stabilization exercises listed are isometric contractions, meaning a pose is held stationary for a fixed length of time. All exercises should be done on a carpeted floor or on a mat on the floor. Beginners should attempt 30 second contractions with 4 to 5 workouts per week, moderate will be 45 seconds, and advanced should be able to maintain a contraction for 60 seconds. Core strength will usually advance rapidly, and once 60 second contractions are achieved, two or three workouts a week are all that are needed to maintain. If any of the stabilization contractions irritate or hurt the spine discontinue use.

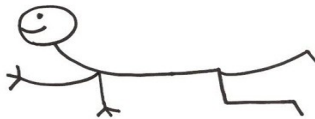
1. Leg Lift

Lie on your back with your chin up slightly (mild neck extension). Your hands will be under the small of your back. Lift both legs with your heels together approximately 10 to 12 inches off the floor.



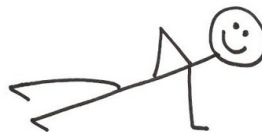
2. Bird Dog

Get on your hands and knees. Lift your head up and extend your right leg as far as it will go. Remaining motionless, extend your left arm as far as it will go. Repeat with opposite side.



3. Side Plank

Lie on your left side with shoes on and heels together. Place your right hand on your hip and lift your chin back slightly. Raise your hips and stiffen your body like a plank of wood. Repeat with the opposite side.



4. Superman

Lie on your stomach with arms and legs spread. Extend your arms, legs, neck and spine.

