



LINDSAY WOODNICK, REGISTERED PHYSIOTHERAPIST
LINDSAY@ACTIVEHEALTHINSTITUTE.COM

PHYSIOTHERAPY CHIROPRACTIC MASSAGE NATUROPATHY PERSONAL TRAINING

CORE STABILIZATION:

1. ANTERIOR/POSTERIOR



- MAINTAIN ABDOMINAL CONTRACTION THROUGHOUT EXERCISE
- SHIFT WEIGHT FORWARDS, THEN BACKWARDS. RETURN TO NEUTRAL.
- 2 SETS, 10 REPS (DO NOT GO INTO PAIN)

2. MEDIAL/LATERAL



- MAINTAIN ABDOMINAL CONTRACTION THROUGHOUT EXERCISE
- SHIFT WEIGHT SIDE TO SIDE, RETURN TO NEUTRAL
- 2 SETS, 10 REPS (DO NOT GO INTO PAIN)

3. MARCHING



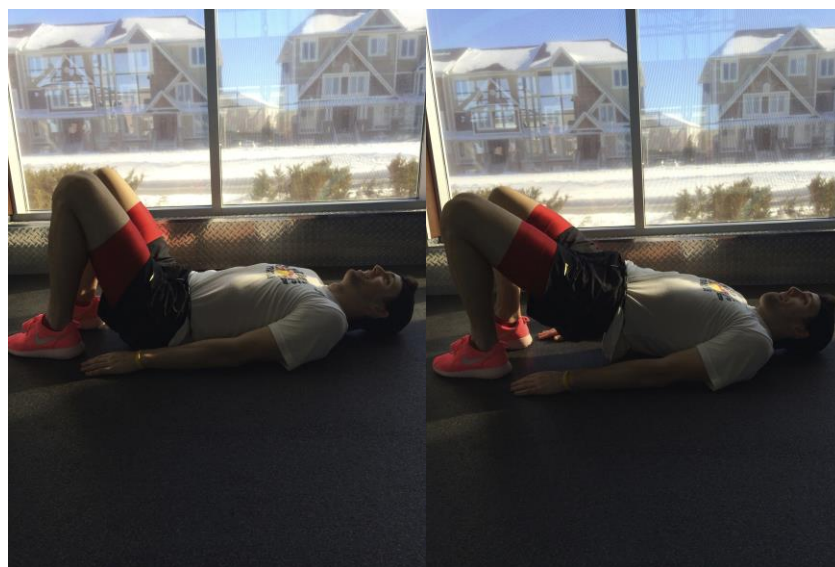
- MAINTAIN ABDOMINAL CONTRACTION THROUGHOUT EXERCISE
- LIFT KNEE TO JUST OVER 90 DEGREES, USE HIP FLEXORS. ALTERNATE LEGS.
- 2 SETS, 10 REPS EACH LEG (DO NOT GO INTO PAIN)

4. SEATED KNEE EXTENSION



- MAINTAIN ABDOMINAL CONTRACTION THROUGHOUT EXERCISE
 - LIFT LEG TO 90 DEGREES; HOLD 5 SECONDS, ALTERNATE LEGS.
 - 2 SETS, 10 REPS EACH LEG (DO NOT GO INTO PAIN)
- PROGRESSION: SPELL ALPHABET WITH EACH LEG (START A-J)*

5. GLUTE BRIDGE



- MAINTAIN ABDOMINAL CONTRACTION THROUGHOUT EXERCISE
- SQUEEZE GLUTEAL MUSCLES (BUTTOCKS)
- LIFT HIPS OFF GROUND (EXHALE ON EXERTION, INHALE ON RELAXATION)
- 2 SETS, 10 REPS (DO NOT GO INTO PAIN)

6. STRAIGHT LEG RAISE



- MAINTAIN ABDOMINAL CONTRACTION THROUGHOUT EXERCISE
- LIFT LEG 4-6" OFF THE GROUND, RETURN BACK TO FLOOR. ALTERNATE LEGS.
- 2 SETS, 10 REPS, EACH LEG (DO NOT GO INTO PAIN)

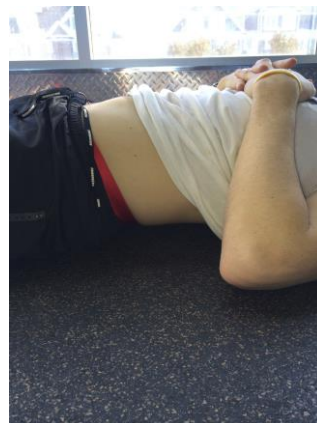
GENERAL STRENGTHENING:

1. TRANSVERSUS ABDOMINIS ACTIVATION



- EXHALE. GENTLY TIGHTEN YOUR CORE AS IF YOU'RE PREPARING TO TAKE A PUNCH IN THE STOMACH. INHALE AS YOU RELAX THE MUSCLE.
- PLACE HANDS OVER HIP BONES. WHEN ENGAGING TVA, FEEL A TENSING OF THE FLAT MUSCLE UNDER YOUR HANDS. DO NOT PUSH YOUR STOMACH OUTWARDS.
- 1 SET OF 10 REPS, 3-5X PER DAY. ACTIVATE TVA WITH ALL ACTIVITIES (I.E SIT TO STAND, TRANSFERS IN BED, LIFTING, WALKING, STANDING, ETC) DON'T GO INTO PAIN

2. POSTERIOR PELVIC TILT



- CONTRACT YOUR TVA
- PUSH YOUR BELLY BUTTON/BACK INTO THE GROUND, HOLD FOR 5 SECONDS
- 2 SETS, 10 REPS, 2X PER DAY. DO NOT GO INTO PAIN

3. WALL SQUAT



- FEET SHOULDER WIDTH APART. ACTIVATE TVA.
- LOWER INTO A SQUAT, EVEN WEIGHT BETWEEN BOTH LEGS. RETURN TO NEUTRAL AND REPEAT.
- 2 SETS, 10 REPS, DO NOT GO INTO PAIN. SUPPORT STOMA WITH HANDS IF NEEDED IN BEGINNING STAGES OF EXERCISE.

4. RECUMBENT BIKE



- USE SEATED/RECUMBENT BIKE FOR LOW BACK SUPPORT. KEEP TVA ACTIVATED.
- START 5 MINUTES, GRADUALLY PROGRESS FOR LONGER PERIODS. 5MIN-7MIN-10MIN-12MIN ETC.