

Notes :

1 Stabilization ABD/ER



Reps: 6 Freq: Daily Hold: 10

Lie on your back with your knees bent and your lower back in neutral position (slightly arched).
Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction.
Maintain a steady abdominal breathing while you open one leg to one side keeping your lower back and the other leg completely still.
Return to the middle and repeat with the other leg.

2 Stabilization Heel slide



Reps: 6 Freq: Daily Hold: 10

Lie on your back with your knees bent and your back in neutral position (Half way between flat back and arched back)).
Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction.
Maintain a steady abdominal breathing while you slide one foot out until leg is completely straight.
Return slowly to initial position and repeat with other leg.
Your back must stay in neutral at all times.

3 Transversus activation



Reps: 6 Freq: Daily Hold: 10

Lie on your back with your knees bent and your back in neutral position (slightly arched).
Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of a maximal contraction.
Maintain a steady abdominal breathing while you raise both arms up above your head, keeping your back flat on the floor.
Return slowly to the initial position and repeat.

4 Weight shift



Reps: 6 Freq: Daily Hold: 10

Engage pelvic floor and deep abdominal muscles. Slowly shift your weight forward onto your toes. Your deep back stabilising muscles with engage. Hold for 10 - 15 seconds.