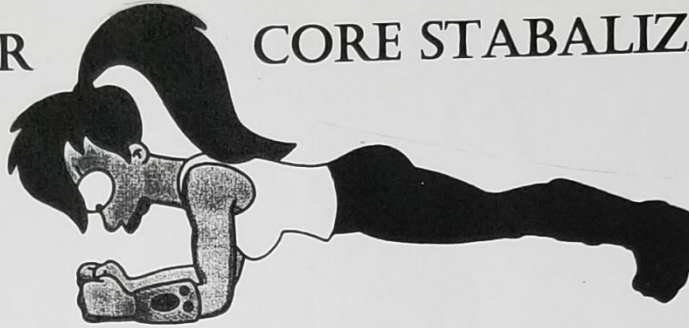


4-PILLAR CORE STABILIZATION



FRONT PILLAR

Get down on forearms and knees. Tighten abdominals (belly) and keeping hips up, straighten out the legs and spine (lift pelvis up) so that you end up on your toes and forearms. This will form a straight line. Make sure you don't sag your pelvis.

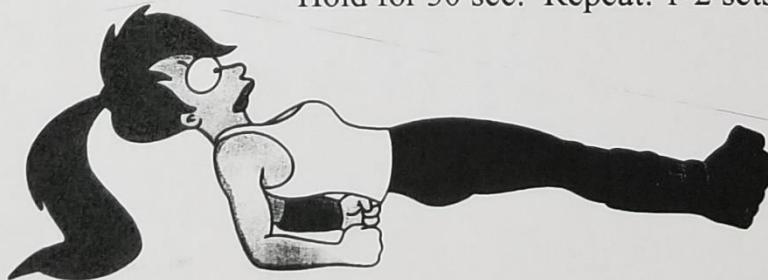
Hold for 30 sec. Repeat: 1-2 sets a day.



SIDE PILLAR

Lay on your side. Place elbow directly under shoulder with your forearm flat on the floor. Hold head and neck up and out in alignment with the spine. Tighten abdominals. Extend legs out straight one stacked on top of the other or top foot under bottom foot. Lift your hips up off the floor so your body is in a straight line. Remember to do both sides.

Hold for 30 sec. Repeat: 1-2 sets a day.



BACK PILLAR

Lay on your back. Place elbows on the floor directly under your shoulders with the forearms flat on the floor. Tighten abdominals and/or buttock muscles and slightly tuck your chin. With your legs straight, lift up your pelvis and keep your body in a straight line.

Hold for 30 sec. Repeat 1-2 sets a day.

Note: Breathe through all these exercises normally. Make sure you are on a firm surface and that you have protected your shoulders as explained in the clinic. These exercises should not cause you any pain.

Please stop if they do and contact our office.

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