

## POSTURE (sitting / standing / sleeping)



1. Sit with glutes touching back of seat, roll a small towel and place in lower back keeping shoulders back over hips.
2. Sit up straight at end of chair, extend lower back, tighten abdomen, and turn hands backwards and down.
3. Stand gripping floor with muscles under your toes and heels while turning your knees and hips outwards.
4. Sleep on side placing a small towel under the lower back - especially good for women with larger hips.

## STABILITY / ABDOMINAL BRACE (Lumbar spine / Pelvis)



1. Sit up tall with hip flexed above horizontal, keep knee bent and slightly rotated and foot flexed up and in; resist hip flexion by placing hands on top of knee.
2. Stand with hands on lower back, flex forward to feel muscles tighten.
3. Slowly return to neutral and when muscles relax again, slowly contract abdomen.
4. Lie on your back with one hand under lower back and one hand on top; brace abdomen and flex each hip.

## MOBILITY PATTERNS (Hips / Glutes)



1. Kneel on a towel placed on the floor; keep torso upright and resting hands on front of thighs.
2. Keep torso upright while slowly sitting back onto heels.
3. Stand at edge of chair with hands on top of each thigh, keep torso upright.
4. Slowly sit down keeping torso straight while sliding hands down front of thighs; just touch your buttocks to chair before standing back up again.



1. Lying on side with knees and hips flexed; rest top thumb on front of hip and fingers on glutes.
2. Keep ankles together and slowly raise top leg towards ceiling feeling muscle contract under fingers.
3. Lying supine with hands on lower back and abdomen; brace abdomen but DON'T pelvic tilt; raise glutes off table "driving" heels into floor squeezing glutes.
4. Same as above but holding one knee flexed to chest.



1. Stand with feet shoulder width apart, hands in front; sit-back into a squat while driving hips backwards keeping torso upright.
2. Stand on one foot using support of chair and arms out to side for balance; slowly descend into a squat while sliding foot forward along floor.
3. Same as above but slide foot to side.
4. Same as above but slide foot backwards and to side.



1. Stand holding bar in front of thighs with feet shoulder width apart; brace abdomen
2. Squat while raising bar above the head with both arms.
3. Stand with feet staggered front and back with bar across back of shoulders; keep torso upright.
4. Keep torso upright and kneel down using back leg.

### ACTIVE FLEXIBILITY (Chest / Hips / Lower Legs)



1. Resting on hands and knees; flex neck towards chest while rounding lower back.
2. Slowly return to neutral, extend neck and lower back.
3. Stand with stability ball in lower back above waist and hands at sides.
4. Squat down pushing backwards into ball while driving hips down using minimal knee flexion and raising arms up and to the sides.

### STRENGTH / ENDURANCE PATTERNS



1. Lying supine; one hand behind lower back; brace abdomen and flex abdomen by using front of chest NOT neck.
2. Side-lying resting on down-side elbow with hips and knee flexed; extend hips FORWARD while lifting down-side hip off table.
3. Resting on hands and knees; brace abdomen while extending leg and opposite arm.



1. Standing on one leg using support of chair; grasp handle and push forward RESISTING rotation of lower body.
2. Same as above but pull arm backwards RESISTING rotation of lower body.

