

**To be performed once daily:**

1.) Cat/Camel Mobilization



- In a quadrupedal position slowly move the lower spine repetitively from an arched position to an extended position and repeat
- I.e. From an angry cat, to a camel posture
- 1Set x 10 Reps each side

2.) Dead Bug Exercise



- Lie with your back on a mat
- Find your neutral spine posture, and while maintaining this posture perform an abdominal brace (place one hand on the small of your back to be used as your own “pressure sensor” to determine whether you are maintaining a neutral spine posture during this exercise)
- Holding the neutral spine posture, slowly move your opposite arm to your opposite leg (ie. like a “dead bug” on the ground)
- As you slowly perform these movements, focus on holding & maintaining your neutral spine posture by bracing your core with an abdominal bracing maneuver.

### 3.) Bird Dog



- Start on all fours.
- Find your neutral spine posture and perform an abdominal brace to keep the trunk/core rigid.
- Maintaining the neutral spine position with the trunk/core braced, slowly raise your opposite arm and leg.
- Hold for 3-5 seconds and slowly lower both limbs and return to the starting position.
- Throughout the exercise, focus on maintaining your neutral spine by keeping the trunk/core rigid.
- 1Set x 10 Reps each side.

### 4.) Side Bridge



- Lie on your side in a straight position
  - Find your neutral spine posture and perform an abdominal brace to keep the trunk/core rigid
  - Maintaining the neutral spine position with the trunk/core braced, slowly raise and bridge your body up by being supported by your feet and elbow only (if this is difficult you can perform this exercise by bending your knees and being supported by your knees and elbow)
  - Hold for 3-5 seconds and slowly lower and return to the starting position
  - Throughout the exercise, focus on maintaining your neutral spine by keeping the trunk/core rigid.
- 1 Set x 10 Reps each side.

### 5.) Bridges



- Begin the exercise on your back with the knees bent, with arms resting at sides.
- Brace the abdominals and squeeze the gluteal cheeks before initiating the movement.
- Lift the pelvis and hips off the ground while maintaining neutral lumbar alignment.