

LOW BACK STABILITY EXERCISES

- **Glute Bridge** - 30 reps



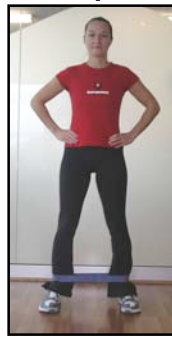
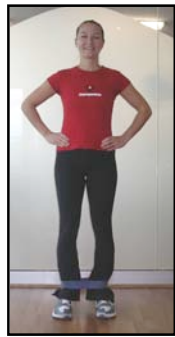
Step 1 - Lie on your back, knees bent, feet flat on the floor hip width apart.

Step 2 - Raise

hips off the floor to form a straight line from your knees to your chest. Hold for 5 sec and slowly lower down. Keep knees in line with feet (avoid letting the knees going inward).

Advanced – From the raised position straighten one leg up and hold. Avoid letting your hip drop down while you raise your leg. Alternate each leg for 15 reps.

- **Resisted Side Step**– 20 reps



Step 1 - Place a theraband around your ankles. Stand with your feet together.

Step 2 - Slide your leg out to the side so there is resistance on the band. Bring the other leg towards the starting leg so your feet are almost together. Continue in one direction for 20 reps then back in the other direction. Keep your body upright and your feet facing forward.

- **Step Up** - 20 reps



Step 1 - Stand in front of a step and place one foot on it.

Step 2 – Raise your body up pushing with your HEEL into the step until your leg straightens. Keep the knee tracking over the second toe (not inward) and the knee behind the toes.

Step 3 - Lower down to the start position with the same pain. Repeat with the other leg.

- **Squat** – 20 reps



Step 1 - Stand with your feet slightly wider than hip width apart with the feet turned out slightly.

Step 2 - Lower your body down bending at the hips and knees until your thighs are parallel to the ground. Sit back and keep the weight on your HEELS to prevent your knees from going in front of your toes. Keep your head and back in a neutral position. Avoid allowing the knees to deviate inward or outward.

Advanced - Grasp dumbbells and let your arms hang down at your sides during the squat.

• **Clam Shell** – 25 reps each side



Step 1 – Lie on your side with your knees bent and feet in line with your hips.

Step 2 – Keeping your feet in contact rotate your knee back

and open like a clam. Keep your hips in line, avoid rotating them back.

• **1 Leg Lever**– 20 reps



Step 1 - Stand upright with your arms at your side



Step 2 - Bend forward like a lever keeping the planted leg semi-straight and reach for the ground with the opposite arm. Keep your back in neutral and hips squared to the ground (avoid twisting). Keep the elevated foot off the ground throughout the whole set. Repeat with the other leg.

• **Reverse Lunge** – 15-20 reps



Step 1 – Stand upright with one foot on a towel.

Step 2 – While keeping your weight on your front HEEL, draw your other leg behind until your front knee is at 90°. Then draw your leg back in keeping your weight on your front HEEL. Repeat on one side then switch sides.

• **Hamstring Raise** – 20 reps



Step 1 - Lie on your back with the front half of your foot on a bench/chair. Knees should be about 90°.

Step 2 - Raise hips off the floor to form a straight line from your knees to your chest. Slowly lower down.

• **Straight Leg Raise Seated** – 20 reps



Step 1 – Sit with your back against the wall. Place a bottle adjacent to your foot.

Step 2 – Lift your leg over the bottle while keeping your leg straight. Lift back and forth.

• **Eccentric Calf Raise – 20 reps**



Step 1 – Stand on the edge of a step. Do a calf raise with both feet.

Step 2 – At the top of the movement lift one leg off and lower down slowly on the other leg. Keep the knee straight throughout.

• **1 Leg Calf Raise with Glute Activation – 15 -20 reps**



Step 1 – Stand on one leg with the other hip and knee at 90°, foot flexed and arms lightly holding onto a wall out in front.

Step 2 – While squeezing the glute on the stance leg, raise up onto your toe (calf raise) and slowly lower down.

• **Plank - Hold 30sec – 1min**



Step 1 – Support your body with your forearms and feet. Hold your body up with your spine in neutral and maintain an abdominal contraction throughout.

• **Side Plank - Hold 30sec – 1min**

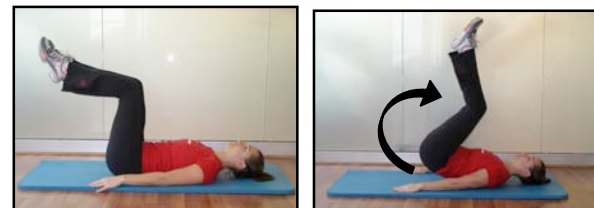


Step 1 - Support your weight on your side with your forearm and either your feet or knees (see below). Ensure your elbow is directly under your shoulder. Hold this position then repeat on the other side. Keep your head, neck and body in a straight line.

Beginner – bend both knees

Advanced – keep legs straight with feet stacked on each other.

• **Reverse crunch - 20 reps**



Step 1 - Lie on your back with your arms at your side (also done holding onto a bench above your head). Start with your knees bent at 90°.

Step 2 - Lift your legs off the ground and bring your knees up towards your shoulders. Lift and lower slowly with control, not momentum.

• **Transverse Abdominus** - 20 reps



Step 1 (Basic) - Lie on your back with your feet flat on the floor and hip width apart. “Draw in” the abdominals to contract the muscles keeping the spine in neutral. Hold for 5 seconds then release.



Step 2 (Intermediate) – While maintaining an abdominal contraction raise one leg up to 90° then lower down slowly.



Step 3 (Advanced) – Start with the knees up at 90°. While maintaining an abdominal contraction slowly lower down one leg half way then slowly raise it back up.

• **Cross Crawl** – 20 reps each side



Step 1 - Start on your hands and knees hip width apart and the spine in neutral.

Step 2 - Slowly extend your left leg back as you lift your right arm forward (thumb facing up). Hold 5

seconds then return to the starting position. Keep your pelvis squared (not rotated) and maintain an abdominal contraction throughout.

• **Sloppy Push-up** – 20 reps



Step 1 - Lie on your stomach with your hands beside your shoulders.

Step 2 – Slowly raise your upper body off the ground. Keep your hips planted on the ground and your shoulders pushed away from your

ears (avoid shrugging them up). Return to the starting position.

• **Cat Camel** – 15 reps



Step 1 - Start on your hands and knees on the ground hip width apart. Flex the spine into a cat position, tucking the chin and spine.

Step 2 - Alternate this motion slowly with the camel position extending the neck, mid-back and low back. Keep your body

MOVING during this exercise rather than holding the two static positions.