

Core Strengthening Exercises Part 1

Perform all these exercises after warming up and stretching. Hold each position for 10 seconds and initially perform 5 repetitions, but plan to increase to 10 repetitions per day as you get stronger.

Pelvic Tilt

- Tighten the lower abdominal muscles to rock or roll the pelvis forward or flatten the back against the floor.
- Imagine that you are pressing your lower back into the floor, while lifting and pointing your tailbone (coccyx) towards the ceiling.



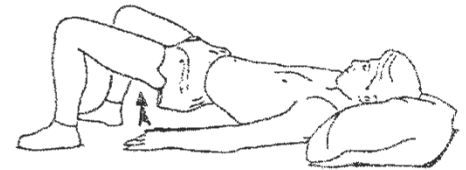
Crunch

- Cross arms loosely and tuck your chin down.
- Tighten the abdominal muscles and curl up until shoulder blades come off the floor.



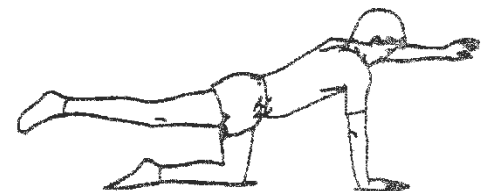
Bridge

- Without arching the lower back raise hips upward keeping a straight line from knees to shoulder.



Quadruped

- While on all fours, lift one arm and the opposite leg.
- Repeat with the opposite arm and leg.
- Maintain a neutral tilt of your pelvis



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, Ho GWK, Lewis J. 100 Questions & Answers About Your Sports Injury. Sudbury: Jones and Bartlett Publishers 2008.

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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