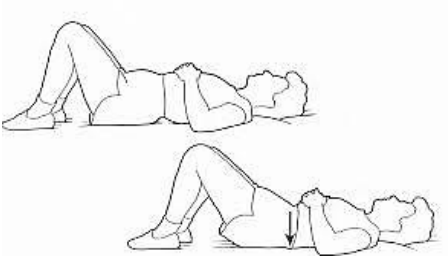


## Basic Core Strengthening

Must be able to perform 30 times with good quality before moving to the next level

### Level 1-Pelvic Tilt

- Lie on your back with your knees bent, feet flat on the floor
- Keep your head, neck, and shoulders relaxed
- Draw your belly button towards your spine flattening your back to the floor
- Hold for 10 seconds and then relax
- Repeat 5-10 times or until fatigue
- Perform 1-2 times per day



### Level 2

#### Level 2-Single Leg Up & Down

- Lie on your back with your knees bent & feet on the bed/floor
- Keep your head, neck, and shoulders relaxed
- Draw your belly button towards your spine flattening your back to the floor
- Slowly lift one leg up, keeping your abdominals tight and head, neck, and shoulders relaxed, hold for 3 seconds
- DO NOT let your hips/pelvis rock up & down; place your hands on your hips bones to monitor that they are NOT moving
- Reminder: Do not push the opposite foot into floor- focus on abdominal tightening to control pelvis
- Slowly return the foot back to the floor, keeping abdominals tight
- Once foot is resting on the floor then relax your abdominals if needed
- Repeat complete sequence on opposite side
- Repeat 5-10 times alternating sides or until fatigue
- Perform 1-2 times per day
- If this exercise is too difficult, try resting your feet on 2 pillows instead of the floor/bed
- Progress this exercise by talking to your therapist
- Throughout your day focus on lifting & lengthening your abdominals & pulling your belly button to your spine

