












Lumbar Core Strengthening Exercises: Summary Sheet

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<p>Abdominal crunch: Lie on your back with hips and knees bent. (Just lift up your head: you're not doing a sit up!!)</p>		<p>Lift up your head off the floor. You will feel your abdominal muscles tighten. Continue repeating reps as tolerated.</p>
<p>Oblique crunch: Lift one shoulder more than other, alternate sides</p>		
<p>Isometric abdominal crunch</p>		<p>Start with same position as abdominal crunch, but place pillow on knees. Press with arms on pillow, hold and count to 10, then relax. You will feel the abdominal muscles tighten.</p>
<p>Pelvic tilt</p>		<p>By pushing the small of your back against the floor, you will feel your abdominal muscles tighten, and your pelvis will tilt forward. Hold the position and count to 10, then relax.</p>
<p>The Plank: By keeping your hips off the ground, the abdominal muscles contract. Your weight can be on your knees or toes.</p>		
<p>Oblique plank: By rotating your whole body to the side, you can feel the oblique (side) muscles tighten.</p>		<p>The whole body is rotated, without twisting between the hips and shoulders. It is as if your body were a log, rotated as one unit.</p>
<p>Bridging: By lifting the hips off the floor, the back muscles have to tighten.</p>		<p>Hold this position, count to 10, then relax; repeat as tolerated.</p>
<p>Superman or Quadriped: Start with on hands and knees, lift up one arm and opposite leg.</p>		<p>May start by lifting only an arm (to exercise upper back muscles) or one leg (for lower back muscles) and advance to lifting two extremities at a time. Hold the position for a count of 10.</p>
<p>General conditioning: Whatever exercise you choose, it's very important to get your heart pumping.</p>		<p>Exercise has many benefits: cardiac, pulmonary, metabolic, bone health (less risk of osteoporosis), aside from helping your low back.</p>