

**Notes:**

**1- How to find neutral position** - Repetition:10



Lie on your back on a firm, flat surface with your knees bent, feet flat and head supported on a pillow if necessary.  
Place your hands just above your hip bones in front and slightly toward the center of your belly on each side to monitor the contraction of the transversus abdominis muscle.  
Find your neutral spine position by slowly rolling your hips backward to press your back toward the surface, then slowly rolling your hips forward, arching your back away from the surface.  
Slowly move between these two positions to find the central and comfortable position. This is your neutral spine position.  
Keep your neutral spine position and gently pull your belly button toward your spine (abdominal bracing). You should feel a contraction of the muscle under your fingers.

**2- Transverse recruitment** - Sets:2 / Repetition:10



Lay on your back on a firm, flat surface with your knees bent, feet flat and head supported on a pillow. Place your hands just above your hip bones in front and slightly toward the centre of your belly on each side to monitor the contraction of the transversus abdominis muscle.  
Find your neutral spine position by slowly rolling your hips backward to press your back toward the surface, then slowly roll your hips forward to lift your back away from the surface. Slowly move between these two positions to find your most comfortable position. This is your neutral spine position.  
Keep your neutral spine position throughout the exercise.  
Gently pull your belly button toward your spine (abdominal bracing), you should feel a slow and deep tension under your fingers without any superficial abdominals activation (rigidity of the rib cage) or any movement of the pelvis.  
Hold the contraction for the recommended time.

**3- Pelvic tilt** - Sets:2 / Repetition:10



Lie on your back with your knees bent.  
Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles slightly.  
Maintain a steady abdominal breathing while tilting your pelvis and flattening your back to the ground.  
Return slowly to the initial position.  
Next, arch your back, tilting your pelvis in the opposite direction.  
Return to neutral and repeat.  
Pause while in the neutral position to dissociate the 2 movements. It should not be painful while performing this exercise. If you notice pain please refer to your physical therapist.

**4- Beginner dead bug** - Sets:2 / Repetition:10



Lie on your back with your knees bent, feet flat on the floor and arms at your sides. Raise one arm over your head as you lift the opposite leg up to about 90 degrees. Repeat on the other side.

**5- Piriformis stretch** - Sets:3 / Duration:30 sec



Lie on your back and lift the affected leg to your chest and grab your knee with your opposite hand while the other leg stays straight. Gently pull your leg across your chest to the opposite shoulder until a stretch is felt deep in the buttocks and let your foot hang over the straight leg. Maintain your pelvis in contact with the floor by applying pressure with the other hand. Maintain the position and relax.

**6- Hip flexors stretch (static)** - Sets:3 / Duration:30 sec



Kneel on one knee creating a 90° angle with the opposite hip and use a chair for support. Tilt your pelvis backwards to flatten your lower back and transfer your weight forward until you feel a gentle stretch on the anterior aspect of your hip of the lower leg. Maintain the position and relax. Maintain your upper body upright and your lower back flat (not arched).


**7- Hamstring stretch** - Sets:2 / Repetition:10



Lie face up with the rope around the arch of the foot to be stretched. Bend this knee. Hold the stretch rope in one hand, arm straight. Stabilize the thigh with the other hand. Exhale, straighten the knee while lifting up on the stretch rope, for the recommended time. Gently stretch.

Repeat as recommended.

If you notice increased pain please refer to physical therapist.

Exercise 1 : How to find neutral position		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Repetition:10									
Exercise 2 : Transverse recruitment										
	Sets:2									
	Repetition:10									
Exercise 3 : Pelvic tilt										
	Sets:2									
	Repetition:10									
Exercise 4 : Beginner dead bug										
	Sets:2									
	Repetition:10									

Exercise 5 : Piriformis stretch		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:3									
	Duration:30 sec									
Exercise 6 : Hip flexors stretch (static)		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:3									
	Duration:30 sec									
Exercise 7 : Hamstring stretch		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:2									
	Repetition:10									