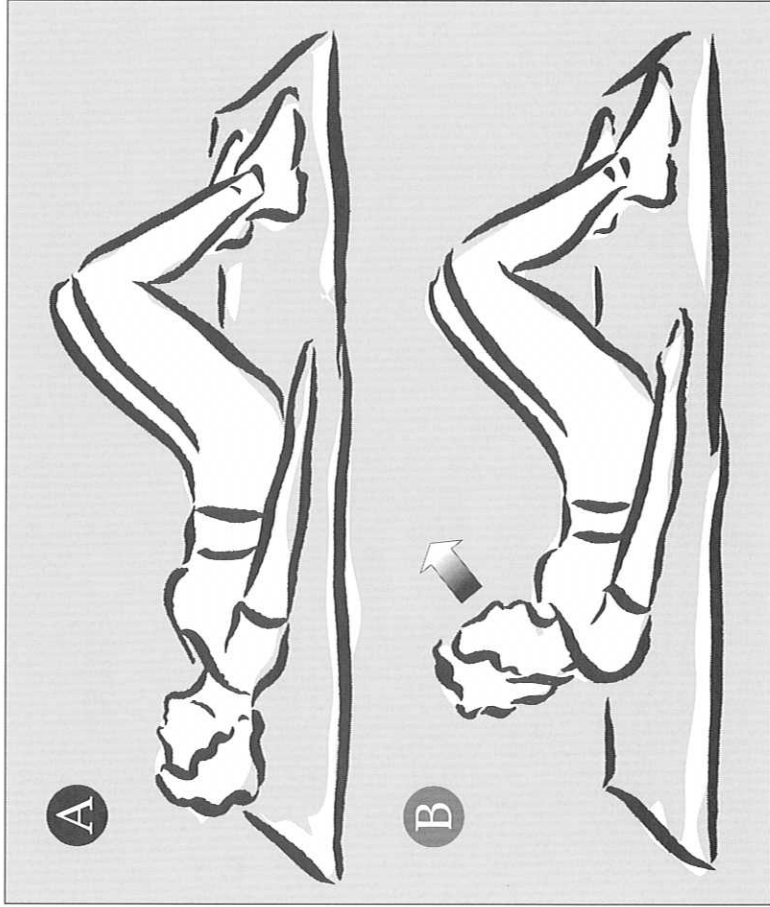


ACTIVE

Abdominal Crunch

LUMBAR



STARTING POSITION

Lie on your back, knees bent.

EXERCISE

Slowly lift your head and shoulders until the tips of your shoulder blades come off the floor.



Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

British Chiropractic Association

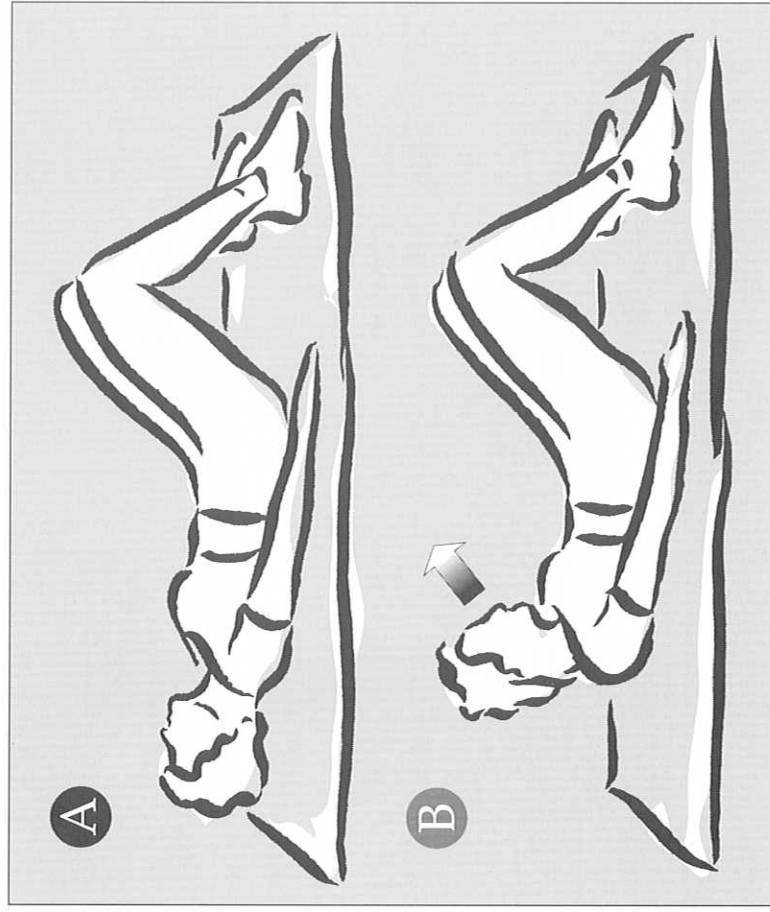
EXERCISE

16

ACTIVE

Abdominal Crunch

LUMBAR



STARTING POSITION

Lie on your back, knees bent.

EXERCISE

Slowly lift your head and shoulders until the tips of your shoulder blades come off the floor.



Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

British Chiropractic Association

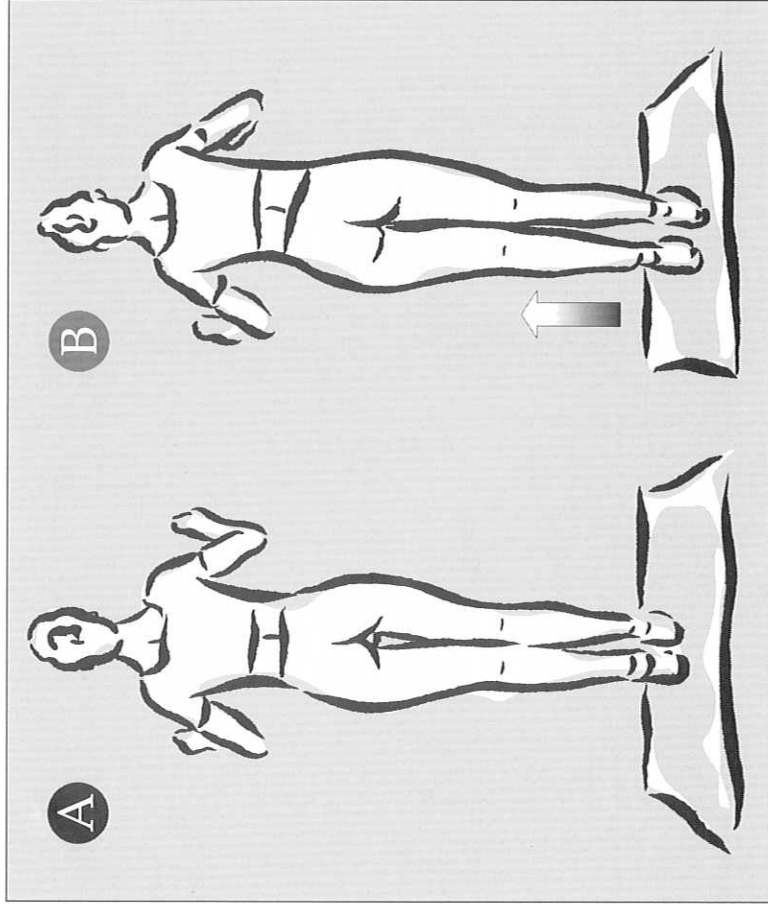
ACTIVE +

Hip Hitching

LUMBAR

EXERCISE

17



STARTING POSITION

Stand while holding onto a table / wall for balance.

EXERCISE

Lift foot off the floor, keeping your knee straight. Return to the starting position. Repeat on other side.



British Chiropractic Association

Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

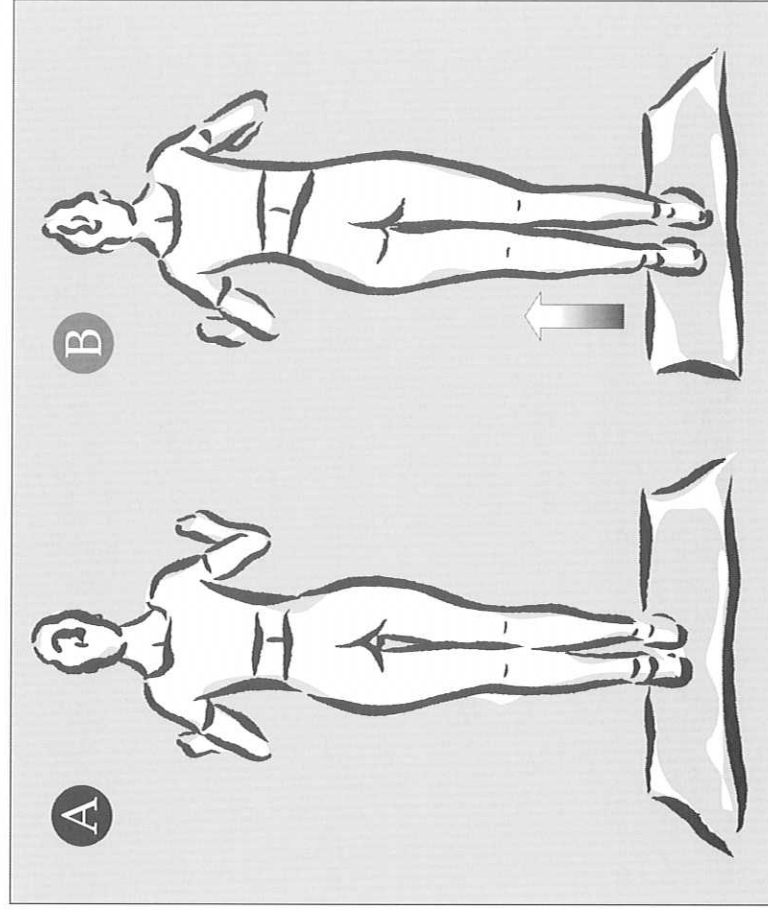
ACTIVE +

Hip Hitching

LUMBAR

EXERCISE

17



STARTING POSITION

Stand while holding onto a table / wall for balance.

EXERCISE

Lift foot off the floor, keeping your knee straight. Return to the starting position. Repeat on other side.



British Chiropractic Association

Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

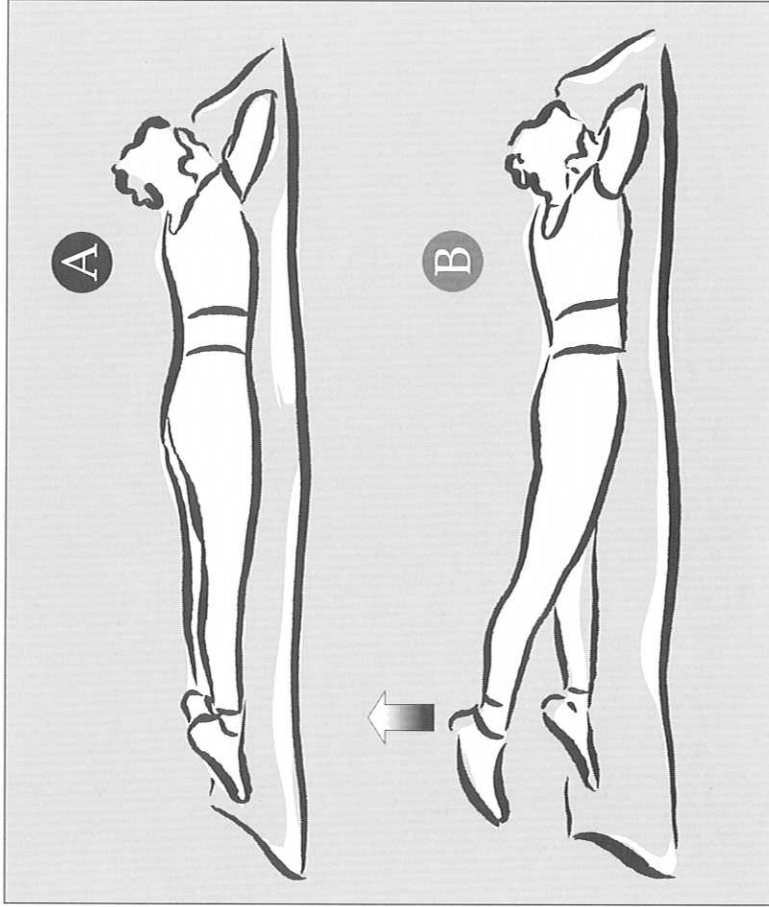
ACTIVE+

Straight Leg Raise

LUMBAR

EXERCISE

18



STARTING POSITION

Lie on your stomach with both knees straight.

EXERCISE

Slowly lift leg towards the ceiling, keeping it straight.



Hold _____ seconds / Repeat _____ times / Do _____ sessions per day
 Special Precautions/Comments: _____

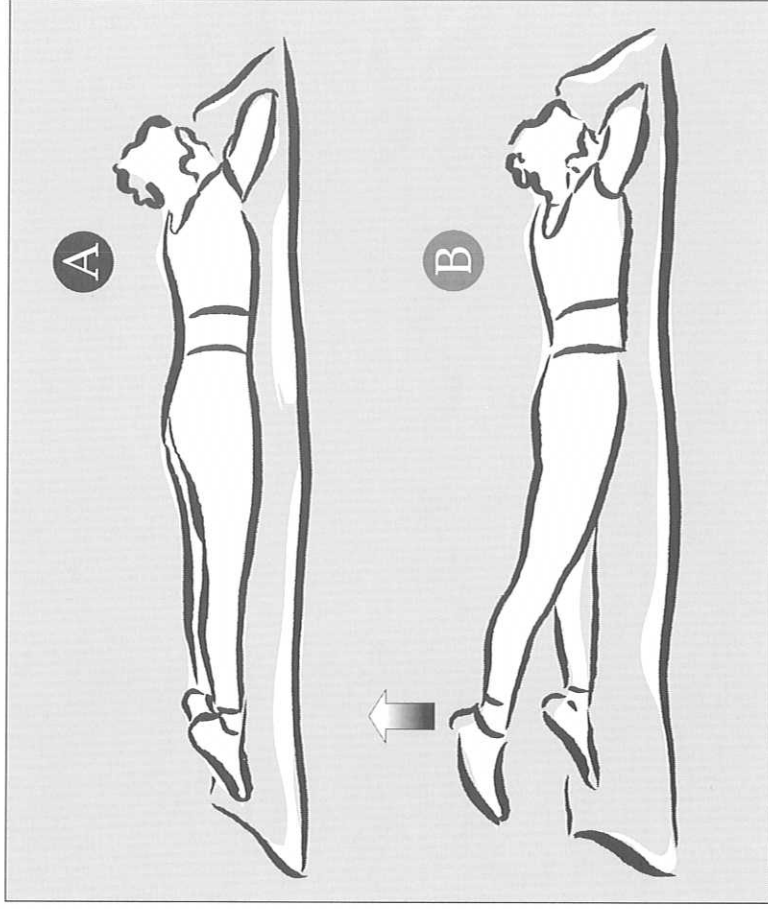
ACTIVE+

Straight Leg Raise

LUMBAR

EXERCISE

18



STARTING POSITION

Lie on your stomach with both knees straight.

EXERCISE

Slowly lift leg towards the ceiling, keeping it straight.

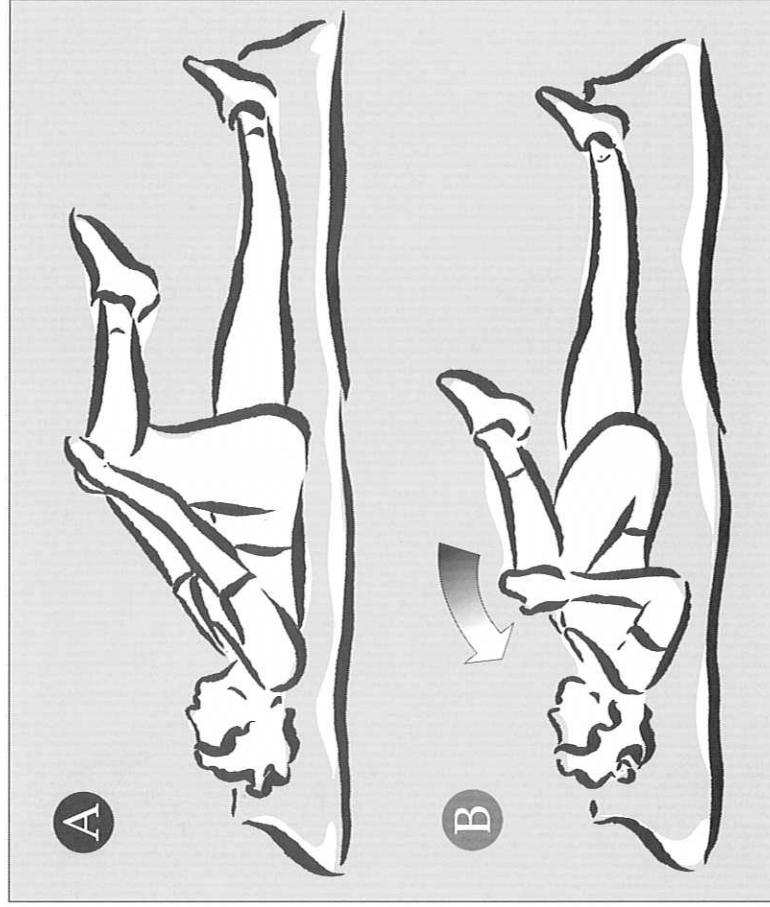


Hold _____ seconds / Repeat _____ times / Do _____ sessions per day
 Special Precautions/Comments: _____

PASSIVE

Knee To Chest

PELVIC



STARTING POSITION

Lie on your back with one knee bent.

EXERCISE

Tighten your abdominal muscles. Slowly bring the bent knee towards your chest using your hands. Return to the starting position. Repeat with the other knee.

British
Chiropractic
Association

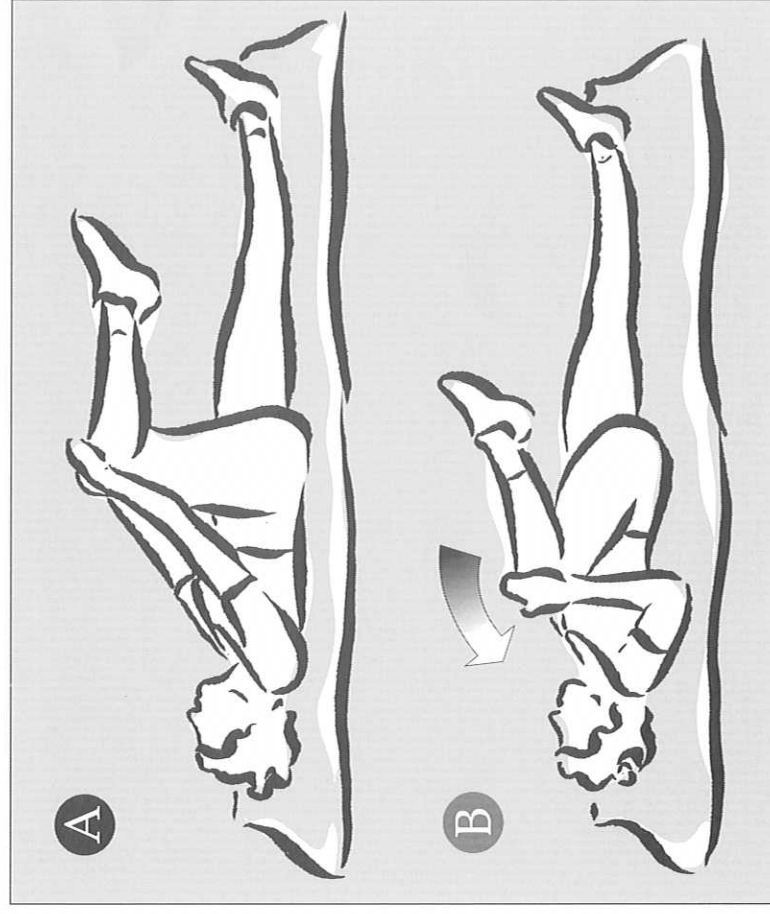
Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

PASSIVE

Knee To Chest

PELVIC



STARTING POSITION

Lie on your back with one knee bent.

EXERCISE

Tighten your abdominal muscles. Slowly bring the bent knee towards your chest using your hands. Return to the starting position. Repeat with the other knee.

British
Chiropractic
Association

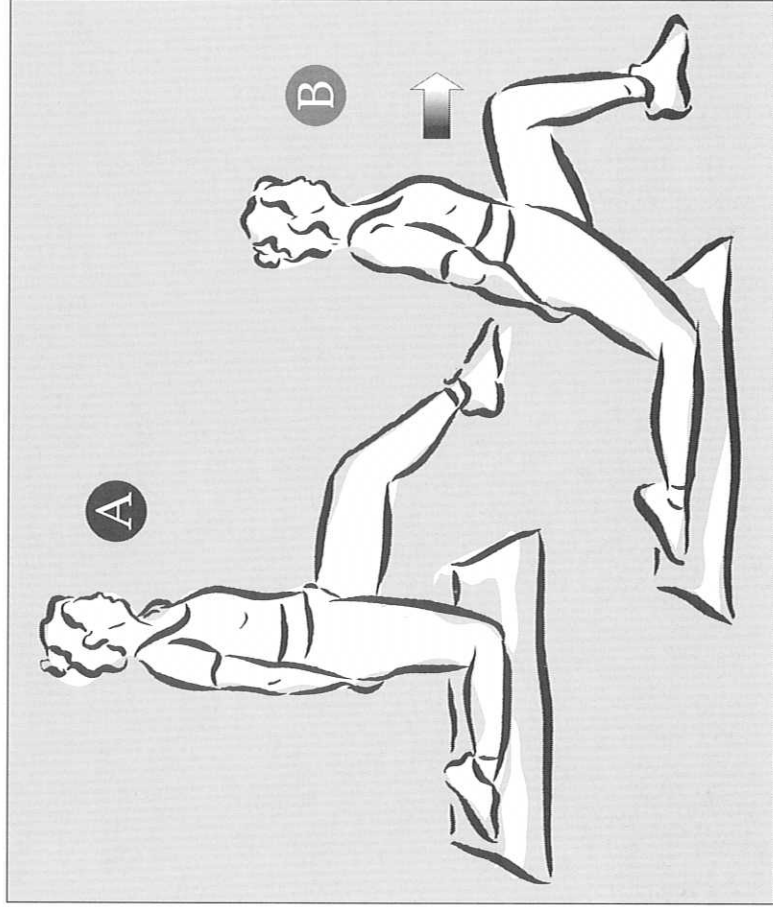
Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

PASSIVE

Groin Stretch

PELVIC



STARTING POSITION

Kneel down on a mat or pillow. Your other leg should be bent.

EXERCISE

Slowly lean forward until you feel a stretch in the front of your thigh. Do not arch your back. Repeat on other leg.



Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

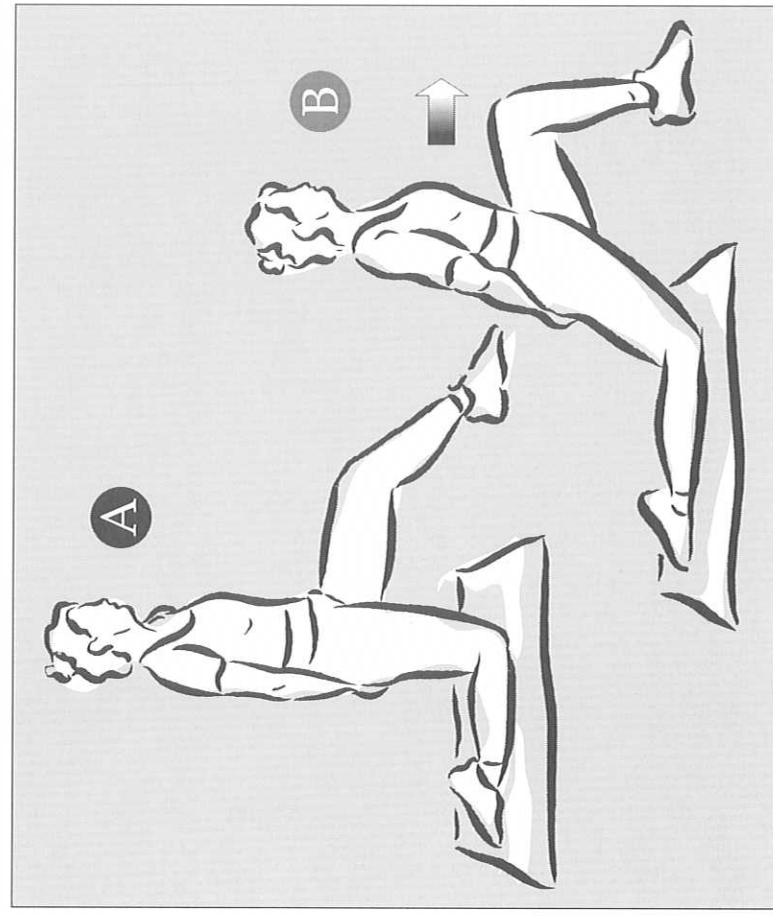
EXERCISE

20

PASSIVE

Groin Stretch

PELVIC



STARTING POSITION

Kneel down on a mat or pillow. Your other leg should be bent.

EXERCISE

Slowly lean forward until you feel a stretch in the front of your thigh. Do not arch your back. Repeat on other leg.



Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____