

ADVANCED BRACING

These exercises should be done at least **2** times a day. Warm up first with a hot shower, heating pad or hot water bottle. If you need pain medication take it about one half hour before you exercise. You should have some pain with the exercises but it should last only 10 or 15 minutes. It should take only 10 or 15 minutes to do all your exercises.



BRIDGING: Perform abdominal bracing while lying on your back with knees bent. Slowly lift your hips off of the floor, but do not let your spine move. Hold for 10 seconds. Lower your hips back down and relax.



BRIDGE WITH LEG LIFT: Perform a bridge with an abdominal brace. While bridged, lift one foot off of the floor about 3 to 4 inches and keep your knee bent. Lower your left foot but stay bridged while you hold your abdominal brace. Alternate each 10 times.



BRIDGE WITH LEG KICK: Perform a bridge with an abdominal brace. While bridged, straighten your knee, but keep your thighs parallel. Bring your leg down, but stay bridged while you hold your abdominal brace. Alternate each leg 10 times.

SIT-UP: Lying on your back with your knees bent, brace your abdomen and do not let your spine move. Hold your arms straight out, parallel to your thighs. Look at your finger tips. Lift your head, neck, and shoulders off of the floor; then curl your upper back up as if your arms are being pulled. Lower. Repeat 10 times.

