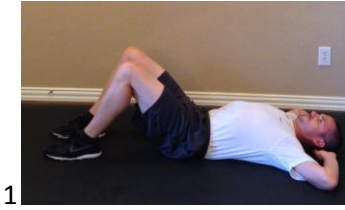


Core Strengthening - Basic



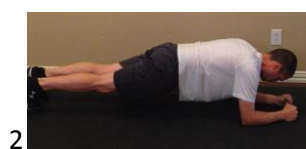
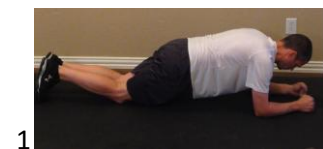
Pelvic Tilts: Lay flat on back. Tilt the pelvis up, flattening the lower back to the floor. The proper muscle to engage is the lower abdominals. Breathing should be normal. As you are comfortable with engaging the abdominals and tilting the pelvis, add leg lifts(2), alternating each side as if slowly walking in place. Further progression can include extending the leg(3). Continued abdominal contraction is the focus while progressing.



Standing Pelvic Tilts, Balance – While standing, engage the lower abdominals, tilting the pelvis up. Engage the buttock muscles at the same time. Breathe normally and hold position for 15 seconds. As you become comfortable engaging the correct muscle, try standing on one leg while performing the pelvic tilt. Use a chair or the wall to assist.



Abdominal crunch – Lay flat on the floor with knees up, feet flat. Place arms across the chest(1). Slowly bring the chest and shoulders up off of the floor, bringing the lower portion of the rib cage down toward the pelvis(2). Do not bring the lower back up off of the floor. Variation – place hands on thighs, reaching to touch the knees.



Planks – Begin with the Assisted Plank(1). Forearms and knees are on the floor. Engage the lower abdominals and buttocks, trying to maintain a straight line from the shoulders to the knees. Hold the position up to 30 seconds. When comfortable with this, move to the Low and High plank. In the Low Plank(2), the toes and forearms are on the floor. Engage the core and try to maintain a straight line from the shoulders to the feet. In the High Plank(3), the toes and hands are on the floor. The hands should be directly below the shoulders. In the Side Plank(4), lay on your side and raise the hip up off of the floor, maintaining a straight line from head to feet. In the Side Plank, focus on the oblique muscle closest to the floor. An alternative is to stagger the feet so both are in contact with the floor.

HOGAN FAMILY CHIROPRACTIC

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