

EXERCISE 2.1 **Supine Single Arm Raise**

From the hook lying position, maintain the neutral spine position and the co-contraction maneuver. Have your arms elevated so that your fingers are pointing straight up toward the ceiling (figure 1).

Slowly lower your right arm until it is all the way overhead (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Slowly return to the starting position, and repeat this movement with the left arm.

Repeat _____ times on each side.



Figure 1



Figure 2

EXERCISE 2.2 **Supine Double Arm Raise**

From the hook lying position, maintain the neutral spine position and the co-contraction maneuver. Have your arms elevated so that your fingers are pointing straight up toward the ceiling (figure 1).

From here slowly lower both arms overhead without losing the neutral spine position or co-contraction maneuver (figure 2).

Slowly return to the starting position.

Repeat _____ times.

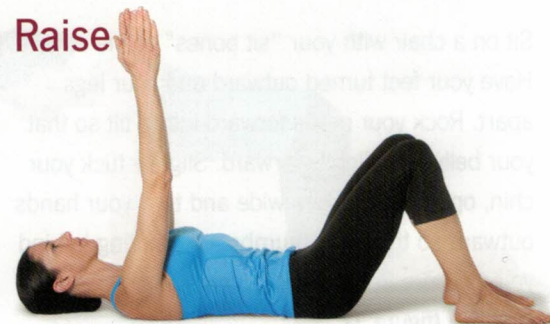


Figure 1



Figure 2

EXERCISE 2.3 **Supine Single Leg Raise**

From the hook lying position, maintain the neutral spine position and the co-contraction maneuver (figure 1).

Slowly raise your right leg until your hip is bent to 90 degrees (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Slowly return to the starting position, and repeat this movement with the left leg.

Repeat _____ times on each side.



Figure 1

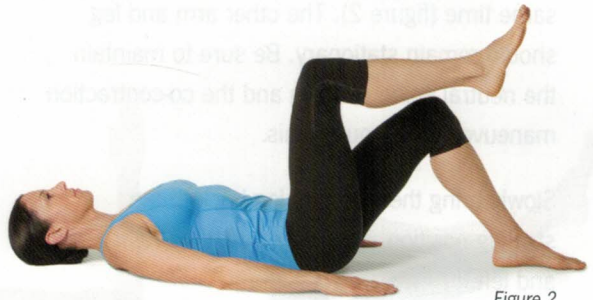


Figure 2

EXERCISE 2.4 **Supine Single Leg Extension**

From the hook lying position, maintain the neutral spine position and the co-contraction maneuver (figure 1).

Slowly lift your right leg and then extend it straight out (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Bring it back to the starting position. Then repeat this movement with the left leg.

Repeat _____ times on each side.



Figure 1



Figure 2

EXERCISE 2.5 **Supine Single Arm and Leg Raise**

From the hook lying position, maintain the neutral spine position and the co-contraction maneuver. Have your arms elevated so that your fingers are pointing straight up toward the ceiling (figure 1).

Slowly lower your left arm to the floor and raise your right leg to the 90 degrees position at the same time (figure 2). The other arm and leg should remain stationary. Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Slowly bring the arm and leg back to the starting position, and repeat with the right arm and left leg.

Repeat _____ times on each side.

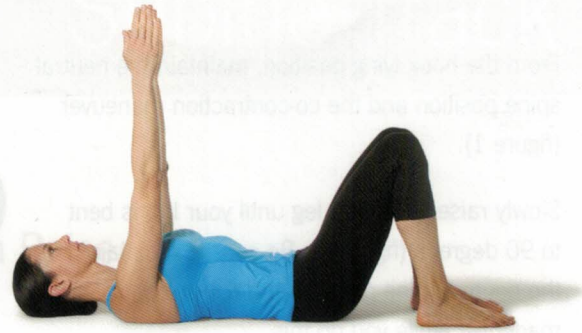


Figure 1

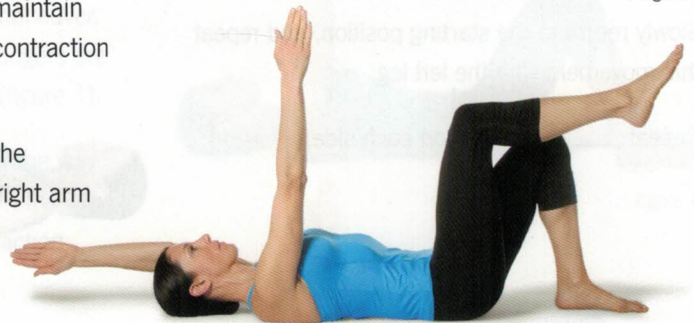


Figure 2

EXERCISE 2.6 **Supine Alternating Kicks**

Lie on your back with your hips and knees bent and your feet in the air (figure 1). Maintain the neutral spine position and the co-contraction maneuver.

Slowly extend your left leg straight out while keeping your right leg bent at 90 degrees (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Return your leg to the starting position and repeat with your right leg.

Repeat _____ times on each side.

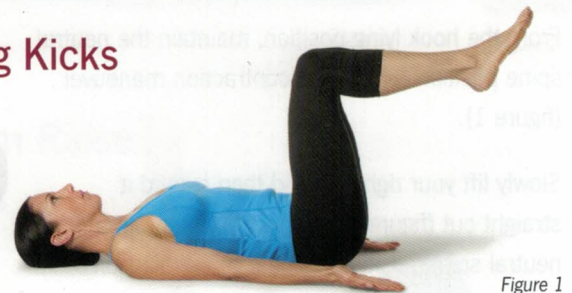


Figure 1



Figure 2

EXERCISE 2.7 Dead Bug

Lie on your back with your hips and knees bent, your feet in the air and your arms extended straight out in front of you (figure 1). Maintain the neutral spine position and the co-contraction maneuver.

Slowly lower your left arm over your head while you slowly extend your right leg straight out; keep your left leg bent at 90 degrees (figure 2). The other arm and leg should remain stationary. Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Return to the starting position and repeat with your right arm and left leg.

Repeat _____ times on each side.



Figure 1

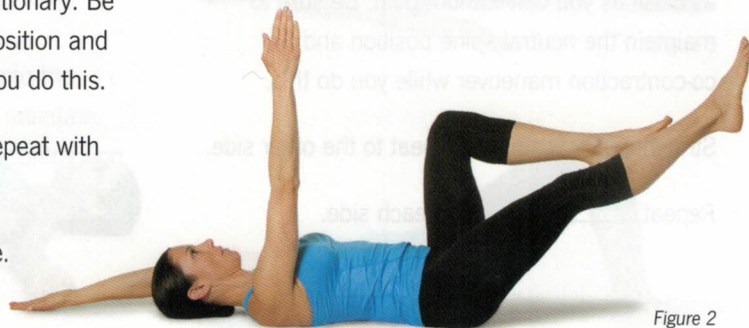


Figure 2

EXERCISE 2.8 Supine Pelvic Rotation With Feet On the Floor

Lie on your back with your hips and knees bent and your feet on the floor. Extend arms out to the sides at 90 degrees. Maintain the neutral spine position and the co-contraction maneuver (figure 1).

Slowly rotate your legs and pelvis to the right so that your knees move halfway to the floor (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Straighten up again and repeat to the other side.

Repeat _____ times on each side.



Figure 1



Figure 2

EXERCISE 2.9 **Supine Pelvic Rotation With Feet Off the Floor**

Lie on your back with your hips and knees bent and your feet in the air. Extend arms out to the sides at 90 degrees. Maintain the neutral spine position and the co-contraction maneuver (figure 1).

Slowly rotate your legs and pelvis to the right so that your knees move halfway to the floor (figure 2). Do not touch the floor, but come as close as you can without pain. Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Straighten up again and repeat to the other side.

Repeat _____ times on each side.

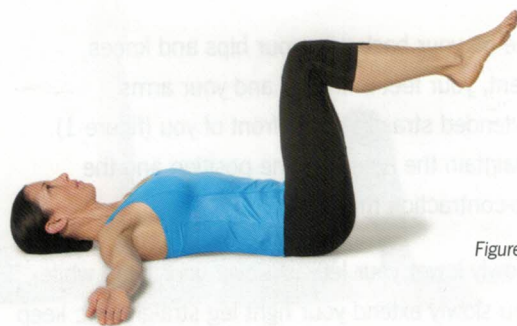


Figure 1



Figure 2

EXERCISE 2.10 **Curl Ups**

Lie on your back with your hips and knees bent and your feet on the floor. Maintain the neutral spine position and the co-contraction maneuver. Have your arms crossed in front of your chest (figure 1).

Slowly raise your chest up so that your upper back curves (figure 2). Keep your chin slightly tucked throughout the movement. Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Slowly lower yourself back down to the floor.

Repeat _____ times.



Figure 1



Figure 2