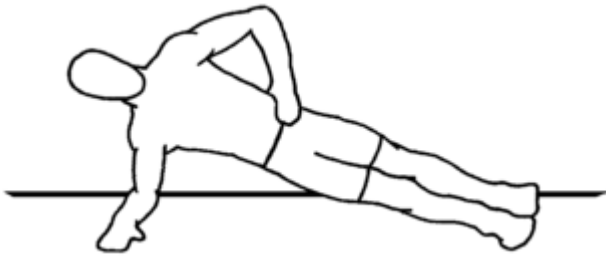




LANE COVE
CHIROPRACTIC

Your Activity Set

Activity: Plank: Side-Lying



Summary:

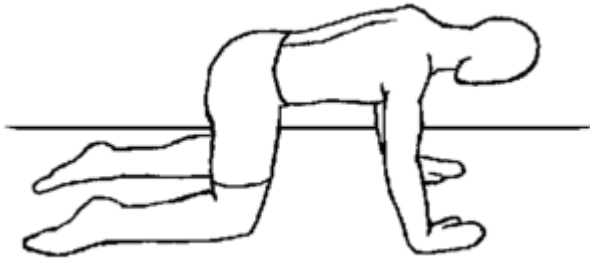
A basic isometric stability exercise focused on spinal and scapular control. This exercise may not be appropriate for those with specific shoulder weakness or problems.

Description:

Mastery of an effective plank provides a foundation for more challenging core exercises.

- Start in a side-lying push-up position, resting on a bent elbow.
 - maintain a neutral spine position, keep the hips in line with the spine and lower extremities as well
 - Maintain proper scapular position and control (ie: keep scapulae resting snug against ribcage).
 - Hold position for designated time, and always breathe normally.
-

Activity: 4-Point Neutral Spine & Dissociation



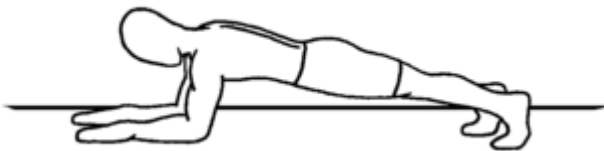
Summary:

Helps to give ability of maintaining a neutral spine while moving pelvis. This is a fundamental exercise to build spinal stability.

Description:

- Find neutral spine in a 4-point kneeling position.
- Rotate pelvis anteriorly and posteriorly without letting upper back drop.

Activity: Plank: Prone



Summary:

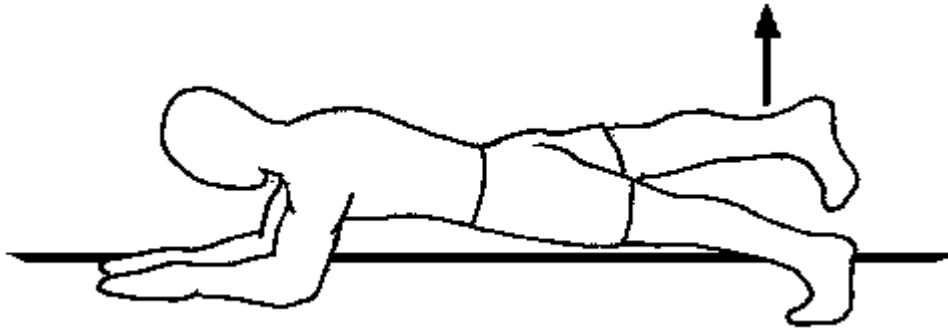
A basic isometric stability exercise focused on spinal and scapular control. These exercises may not be appropriate for those with specific shoulder weakness or problems.

Description:

Mastery of an effective plank provides a foundation for more challenging core exercises.

- Start in a push-up position but resting on bent elbows instead.
 - Maintain a neutral spine position; keep the hips in line with the spine and lower extremities as well.
 - Maintain proper scapular position and control (i.e.: keep scapulae resting snug against ribcage).
 - Hold position for designated time, and always breathe normally.
-

Activity: Plank: Hip Extension



Summary:

Plank exercise incorporating lumbar spine stabilizers and hip extensor muscles. These exercises may not be appropriate for those with specific shoulder weakness or problems.

Description:

NOTE: A basic plank exercise needs to be mastered before this exercise can be considered.

- Start in a push-up position, but instead with the elbows bent, resting on the forearms.
 - Maintain a neutral spine position; keep the hips in line with the spine and lower extremities as well.
 - Maintain proper scapular position and control (ie: keep scapulae resting snug against ribcage).
 - Maintaining the neutral spine and pelvis position, lift one leg by extending the hip, keeping the knee straight, moving in a controlled manner.
 - Return to the leg to the start position.
 - Alternate sides and repeat as instructed
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