

BACK STRENGTH

Created by PhysioLogic Physical Therapy Mar 3rd, 2023

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PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.



Repeat 3 Times
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Week

LATERAL PLANK

While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine.



Repeat 3 Times
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Week

QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, tighten/brace at your abdominal muscles and then slowly lift a leg and opposite arm upwards. Your hip will move into hip extension on the way up. Lower leg and arm down and then repeat with opposite side.

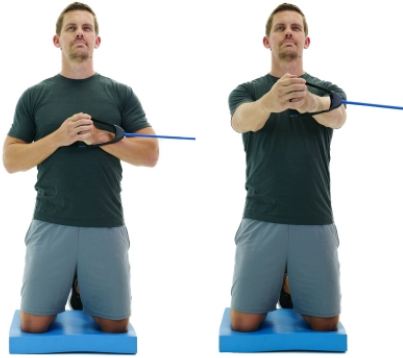


Maintain a level and stable pelvis and spine the entire time.



Repeat 10 Times
Complete 1 Set

Hold 10 Seconds
Perform 1 Times a Week



PALLOF PRESS - KNEELING

Kneel on a foam pad or folded towel for comfort. Hold an elastic band, cord or pulley against your chest with it attached to the side. Next, slowly extend your arms forward, engage your core, and exhale out your breath. Then, slowly return arms to chest and try not to allow your body to rotate the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 1 Times a Week



Romanian Deadlift (RDL)

- 1) Begin in tall standing position with a slight bend in both knees
- 2) Engage your core by lightly bringing belly button closer to the spine to maintain neutral lumbar spine
- 3) Begin to hinge at the hips while you maintain a neutral spine. The first movement should be backwards as if someone were pulling your weight/hips backwards.
- 4) Once you feel stretch in the hamstrings, begin to drive through your heels to bring your hips forward and shoulders back to starting position.
- 5) If you are using weight, keep the weight close to your body. Your shins should stay vertical and the knees should maintain the same amount of bend.
- 6) Complete for assigned repetitions
- 7) It is important to not allow the lumbar spine to hyperextend or flex, it should maintain neutral position!

Repeat 15 Times
Complete 3 Sets

Hold 2 Seconds
Perform 1 Times a Week



TRX SUSPENSION - ROWS

Hold the TRX handles while facing the anchor. Stand with your elbows bent, then lean back and allow your elbows to straighten. Next, pull your self up with your arms by bending your elbows and pulling them back as you squeeze your shoulder blades together.

Repeat 15 Times
Complete 3 Sets

Hold 2 Seconds
Perform 1 Times a Week