



## Protocol: Trunk Stabilization v1

### TS38 Plyometric Straight Back Bends

Stand with your feet a shoulder width apart and with your knees bent slightly. Hold the ball behind your head with your elbows out to the side. Bend 70 to 90 degrees forward from your hips while keeping your back straight.

Repeat \_\_ time(s) per session.  
Do \_\_ session(s) per day.



### TS45 Sitting Stabilization With Arms and Legs

While seated on ball, tighten your stomach muscles and sit up straight. Begin by marching opposite arm and leg.

Perform for \_\_ minute(s).  
Do \_\_ session(s) per day.



### TS49 Partial Sit-Back

While seated on ball as shown, slowly lean backward. Keep your spine straight and use your stomach muscles.

Hold \_\_ seconds, then return to starting position.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### TS50 Partial Sit-Back With Arms

While seated on ball as shown, slowly lean backward. Hold your trunk steady as you move your arms in opposite directions as shown.

Perform for \_\_ minute(s).  
Do \_\_ session(s) per day.





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### TS2 Hook-Lying Arm Raise

Tighten stomach muscles, then slowly lower one arm over head until you feel your back begin to arch.

Repeat \_\_ time(s) on each side.  
Do \_\_ session(s) per day.



### TS3 Hook-Lying Combination

Tighten stomach muscles, then slowly raise one leg off floor and opposite arm over head.

Repeat \_\_ time(s) on each side.  
Do \_\_ session(s) per day.



### TS4 Isometric Gluteals

Tighten buttocks muscles.

Hold \_\_ seconds. Relax.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### TS5 Bridging

Tighten stomach muscles, then slowly raise buttocks off floor.

Hold \_\_ seconds. Relax.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.





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### TS11 Bridging with Straight Leg Raise

Tighten stomach muscles and lift buttocks about 8 inches off floor, then slowly straighten one knee.

Repeat \_\_\_ time(s) on each side.  
Do \_\_\_ session(s) per day.



### TS8 Isometric Hip Flexion

Tighten stomach muscles, then raise knee to outstretched hand. Gently push, keeping arm straight and trunk rigid.

Hold \_\_\_ seconds. Relax.  
Repeat \_\_\_ time(s) on each side.  
Do \_\_\_ sessions per day.



### TS52 Bridging (1)

With the ball contacting your calves and the back of your thighs as shown, tighten your stomach and lift your buttocks 3-4 inches off floor. Don't let the ball roll.

Hold \_\_\_ seconds, then return to starting position.  
Repeat \_\_\_ time(s).  
Do \_\_\_ session(s) per day.



### TA2 Abdominal Crunch (beginner)

With arms at sides, tilt pelvis to flatten back, then raise your head and shoulders off floor about 3 inches.

Repeat \_\_\_ time(s).  
Do \_\_\_ session(s) per day.





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### TS76 Plyometric Twist

Sit on the floor, knees bent and together, feet apart for balance, and your back at a 45 degree angle to the floor. Hold the ball in front of you at full arm extension and twist your upper body to move the ball from side to side.

Repeat \_\_ time(s) per session.

Do \_\_ session(s) per day.



### GS2 Knee to Chest Stretch in Quadruped

With leg extended straight back and back flattened, round back and pull knee in toward chest. Hold.

Hold \_\_ seconds. Relax.

Repeat \_\_ time(s).

Do \_\_ session(s) per day.



### GS18 Alternate Arm and Leg Extension in Quadruped

While keeping neck and back straight and stable, raise opposite arm and leg as shown.

Hold \_\_ seconds. Relax.

Repeat \_\_ time(s).

Do \_\_ session(s) per day.

