

Sports Medicine Institute

A Division of Spartanburg Regional Healthcare System



Phase I

Transverse Abdominis Activation

Lie on your back with your spine in a neutral posture, with your shoulder at 90 degrees (holding a cane or stick).

Have a family member gently push down on the cane or stick

Resist the downward pressure

Hold for 20-30 sec Repetitions 3 Sessions per day 1

PUSH, PULL, TWIST.



~~Transverse Abdominis~~

Place two fingers just inside and slightly down from pelvic bone.

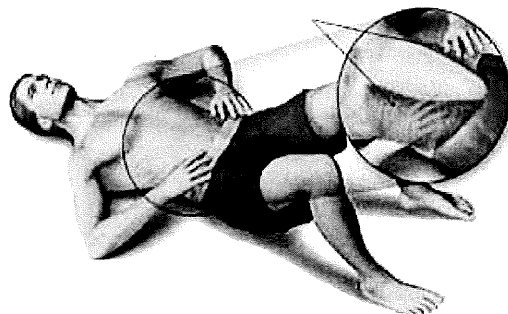
Draw belly button in slightly toward your spine (kegel exercise).

You should feel tension under fingers without bulging and there should not be any movement of the pelvis or spine.

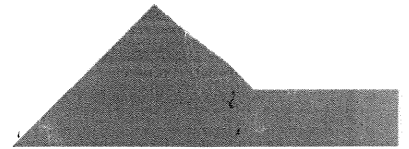
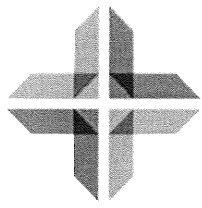
Hold the contraction for 10 seconds. Relax and repeat.

Repetitions 10 Sets 2 Sessions per day 2

Transversus abdominis



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Crocodile Breathing ✓

To begin you lie on the floor (prone or face down) with your forehead on the back of your hands - neck is in alignment with the rest of your spine - this is a relaxed position. Then you will breath in through your nose and deep into your "belly" - when you do this correctly you will feel your stomach push out into the ground and your obliques will push out to the sides as well - your lower back may even rise and fall with your inhale and exhale. Once you have a comfortable inhale you simply exhale and begin again.

Repetitions 20 Sets 2 Sessions per day 🕒 1-2



Multifidus Activation ✓

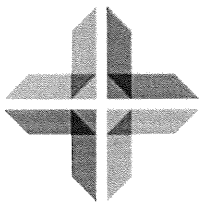
Start in a quadruped position (on your hands and knees)

Place a towel roll under one knee

Lift the other knee without the towel roll to the same height of the knee with the towel roll

Hold 10 sec Repetitions 10 Sets 2 Sessions per day 🕒 1-2





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Half Kneeling Chops

Attach middle of the tubing at a high point of attachment and take hold of both handles. Kneel at an outward angle with outside knee down. Both knees should be flexed at 90 degrees. Narrow your base to within 6-inch width of knee of one leg and heel of the other. Hold hips directly under the trunk and spine erect with the shoulders back. Arms should be extended with palms facing together while holding the handles. Pull tubing down and across the chest while keeping it close to your body. Shoulders should turn minimally and your head should face forward. All actions should be done with the arms. The tubing should come across the body from shoulder to opposite hip, palms facing down. Tubing should be in line with closest arm

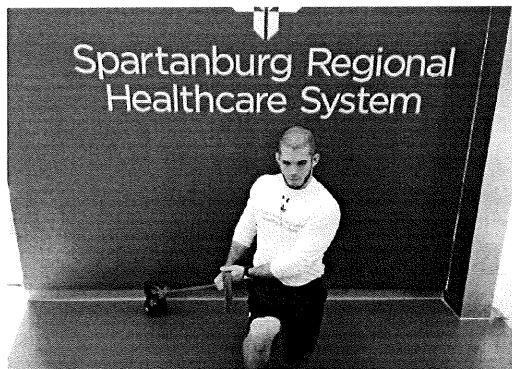
Repetitions 10-15 Sets 2 Sessions per day 1-2

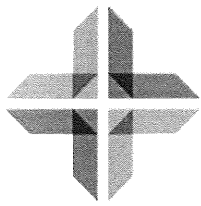


~~Half Kneeling Lifts~~

Place middle of tubing at a low point of attachment and grab both handles. Kneel at an outward angle with inside knee down. Both knees should be flexed at 90 degrees. Narrow your base to within 6-inch width of knee of one leg and heel of the other. Hold hips directly under the trunk and spine erect with shoulders back. Arms should be extended with palms facing downward while holding the handles. Pull up the tubing across the chest while keeping it close. Shoulders turn minimally and your head should face forward. The tubing should come across the body from the hip closest to the point of attachment to opposite shoulder and palms facing away. All actions should be done with the arms, with no movement from the rest of your body. Tubing should be in line with closest arm.

Repetitions 10-15 Sets 2 Sessions per day 2





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Supine Lifts

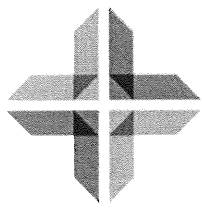
Place the middle of the tubing at a low point of attachment. Lie on back with hips and knees straight and hands starting by one of the hip. Start with palms facing away from each other, allow palms to rotate and face each other while pulling to the chest and pushing up above the opposite shoulder of the point of attachment. The line of resistance is coming from below the torso. The hands should remain close to the body. There should be minimal movement from the head and body. Squeeze a towel roll between knees. Repetitions 10-15 Sets 2. Sessions per day 1-2



Supine Chops

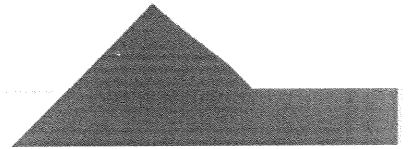
Place the middle of the tubing at a low point of attachment. Lie on your back and reach both arms over one of your shoulders, perform the chop pull to the opposite hip. From the starting position, start the palms facing each other. The palms should then be taken to the opposite hip with the tubing crossing the body. At the end of the pull, the palms will rotate and face toward the feet. The hands should remain close to the body at the finish. There should be minimal head and body movement. Place a towel roll in between the knees and squeeze. Repetitions 10-15 Sets 2. Sessions per day 1





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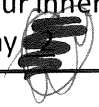


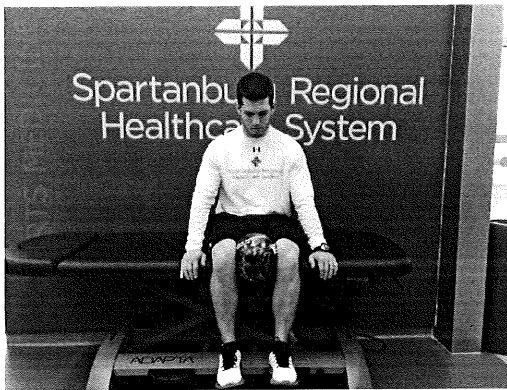
Isometric Hip Adduction

Bend knees up to about 90 degrees.

Put a pillow between your knees.

Squeeze the ball with your knees flexing your inner thigh muscles.

Repetitions 20 Sets 2 Sessions per day  1-2



Isometric Hip Abduction


(CLAMS)

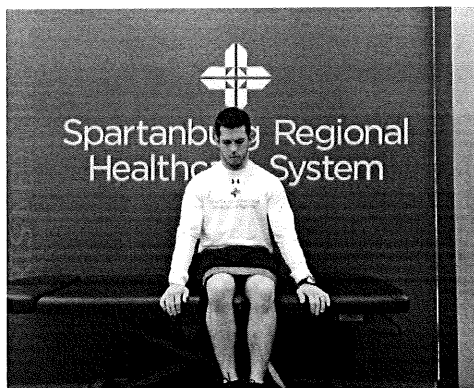
Loop elastic around thighs.

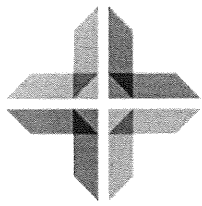
Lie on back propped on elbows with knees bent.

Move thighs apart.

Return to start position and repeat.

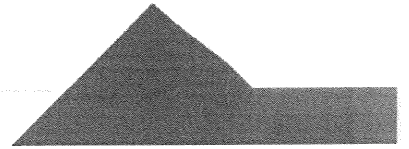
Repetitions 20 Sets 2 Sessions per day  1-2





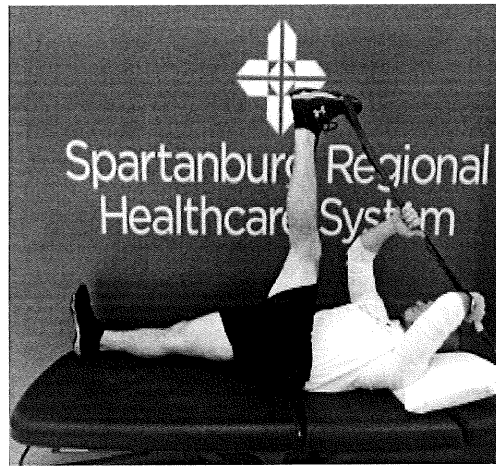
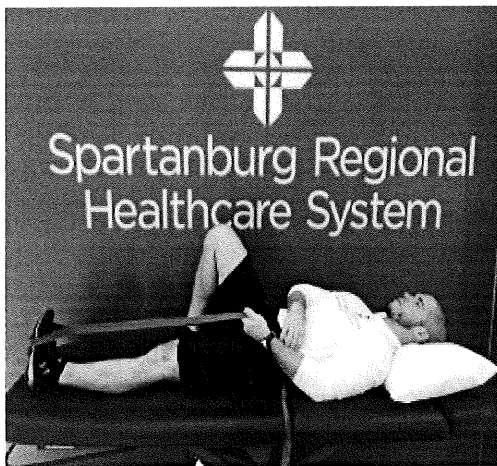
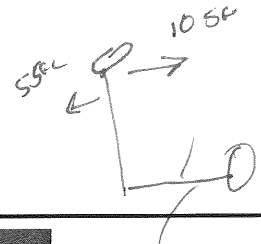
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Hamstring Stretch

Lie on your back. Place a towel or rope around your foot.
Slowly pull your leg up while keeping it straight. Keep your opposite leg flat on the floor.
Hold this position 10 seconds. *10 sec → 5 sec*
Repetitions 4 Sets 1 Sessions per day 1-2



~~Sciatic Nerve Mobilization~~

Lie on your back. Hold behind our knee
Slowly bend and straighten your right / left knee. Keep your opposite leg flat on the table.
Hold this position for 2 seconds.
Repetitions 20 Sets 2 Sessions per day 2

