

Boulder Office

5387 Manhattan Circle #200
Boulder, CO 80303

Steamboat Office

940 Central Park Drive
Steamboat Springs, CO 80487

Core Stabilization Exercises

Range of Motion Exercises



“Mad Cat”

Knees side to side: Lie on your back with your knees bent and feet flat on the floor. Slowly allow your knees to drop to one side, then the other.

Hamstring stretch: Lie on your back near a doorway with your buttock approximately 1 foot from door jamb. Raise the leg nearest the doorjamb and place against wall. Slowly move your buttocks closer to the door jamb until you feel a stretch in your hamstrings. Hold the stretch for 30 seconds. Gently push against the wall for 5-10 seconds, relax, then move your buttocks closer until you feel a stretch again. Repeat on each leg 5 times.

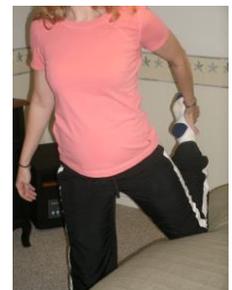


Hip flexor stretch

Stand up straight and use a counter or chair back for balance. Pull your belly button to your spine. Lift your right leg off the ground, holding your ankle to your buttock with your knee pointed toward the floor, hips forward and level. Don't let the right hip drop or allow your back to arch. Keep the knee pointed straight down. Do not allow it to go out to the side. Hold the pose for 15 to 20 seconds. Repeat with the other leg.



As this stretch becomes too easy, try to place the bent knee on a surface at its height. Move the grounded leg forward to get a better stretch.



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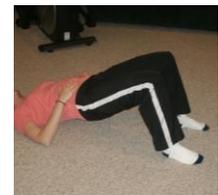
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Knee ups: Lie on your back with knees bent to 90° and feet flat on the floor. Lengthen your spine and contract your abdominal muscles (pull belly button to spine) flattening your low back against the floor. Bend your right hip and bring to a 90° without allowing your back to move. Slowly lower the leg and repeat on the other side. Repeat 10-20 times per side.



Bridge: Lie on your back with knees bent to 90° and feet flat on the floor. Contract your abdominal muscles (belly button to spine) and lengthen your spine. Lift up your hips and perform a pelvic tilt. Make sure that you use both your abdominal and back muscles. Hold this position for 30 seconds initially, gradually building up to 2 minutes. Repeat 3 times.



Advanced Bridging: Lie on your back with knees bent to 90° and lift your hips as before. Straighten your left leg and keep in line with the thigh of your right leg. Make sure that you keep your pelvis level, don't let your pelvis drop towards the side of the lifted leg. Hold this position for 30 seconds, gradually increasing the time up to 2 minutes. Repeat with the other leg.



Clams: Lie on your side with your hips and knees flexed. Keep your feet together and raise the upper knee without rotating our back or pelvis. Slowly lower. Repeat each side 10-15 times.

Bird Dog: Position yourself on your hands and knees. Lengthen your spine and contract your abdominal muscles. Slowly raise your opposite hand and leg, keeping your back straight and pelvis level. Hold for 5-10 seconds and repeat other side. Repeat 10-15 times per side.

