

Lumbo-Pelvic Stability Exercises



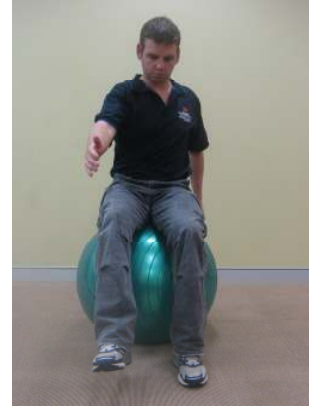
Neutral Spine



One foot up
left then right



Two feet up
maintaining neutral
spine



Arm swings
with one foot up
then two feet up



Rocking from side to side



Bridging – reducing shoulder support
Maintain alignment and balance

Lumbo-Pelvic Stability Exercises



Bridging - Arm swings



Bridging - Leg lifts



Bridging - Leg curls (Progress to arms folded)



Reverse Bridging (Progress by moving arms and lifting leg)



Segmental extension



Superman