**CORE STABILIZATION EXERCISES**

Here are some easy exercises / stretches that will help stabilize the spine. Think of them as what I like to call "spinal hygiene exercises".

So go ahead and give these a try at home. You can do these every day but I strongly recommend at least 3 x a week minimum. You will only see changes if done consistently with good form. I would start with 3 sets of 12-15 reps each exercise. 1 minute rest. Do both sides equally. Once they become easier you can add reps and or sets.

Watch these videos and start slow but these are basic movements that can really make a difference over time in conjunction.

Supine knee to chest stretch: <https://www.youtube.com/watch?v=EWJLkrcOREc>

Single leg variation: <https://www.youtube.com/watch?v=wu51pGHKdCo>

Hip Abduction exercise:  <https://www.youtube.com/watch?v=B0Nvn_Xcs3I>

Glute Bridges: <https://www.youtube.com/watch?v=8ijgBSj-DIo>

Deadbug exercise: K<https://www.youtube.com/watch?v=I5xbsA71v1A>

As with anything, these exercises may not be the right fit for you. Do not perform these movements unless directed to do so by your doctor. If you ever feel discomfort while performing these gentle exercises stop immediately and consult your doctor.