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### **Back Balancing Protocol (Rehabilitation)**

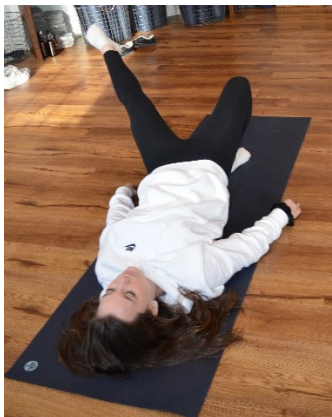
**Try to work up to 30 reps for each exercise. The idea is to create fatigue without a lot of resistance.**

#### **Hip Extensions:**

1. One legged Bridge:
  - Bring one knee to your chest. (Prevents use of low back.)
  - Place your opposite foot on the floor.
  - Bridge upward while taking a belly breathe in.
  - Lower your hips and breathe out.
  - Switch to the other side.



2. One legged Bridge with Side kick.
  - Start with one foot on the ground and other leg extended with knees together.
  - Bridge upward.
  - Stating in the bridge **without either of your hips dropping** bring extended leg out to the side and then back in to touch opposite leg.
  - Now lower bridge and start again.



3. Bridges against wall:

- Place your feet against a wall or mat with your knees bent. **Knees should be about 6 inches apart.**
- Push your heels into the wall while lifting your buttocks off ground. Make sure you are doing a pelvic tilt to avoid arching your back.
- As your hips raise breath in as in exercise one.
- As your hips come down allow your breath to come out.



4. Bridge against the wall in needle position.

- Place one foot against the wall and extend other leg straight up toward ceiling.
- Push your heel into the wall lifting your extended foot straight upward.
- Slowly lower to the ground and repeat.



5. Hip Extensions on Hands and Knees:

- Start on your hands and knees.
- Left one thigh so that it is level with trunk.
- Bend your knee.
- Do a pelvic tilt.
- From this position lift your leg up toward ceiling.



**Back Extension Exercises:**

6. Back Extensions (swimming exercise):

- Lie on your stomach with your arms overhead.
- Do a pelvic tilt.
- Lift one leg and the opposite arm toward the ceiling,
- Now lift the other leg and opposite arm toward the ceiling.



7. “Bird Dog” Exercises:

- Start on your hands and knees.
- Do a pelvic tilt to activate your core.
  - a. Keeping a flat back raise one arm and then the other arm, breathing in when you lift arm and out when you bring arm down.
  - b. Keeping a flat back raise one leg and then the other leg, breathing in when you lift leg and out when you bring leg down.
  - c. Keeping flat back raise one leg and one arm at the same time. Breathe in when raising limbs and out when lowering.
  - d. To make this even more difficult begin on a line or even the low beam and follow the same sequence.



8. Plank exercise “Around the World:”

- Get in a “plank position” and activate core by doing a pelvic tilt/making a flat back.
- Alternate lifting first one arm then the other arm, then lifting one leg and then the other leg “around the world.”
- Make sure you are breathing in each time you lift and out when bringing limb back down.
- Make sure your core is activated throughout the whole process.





9. Back Extensions (Advanced:)

- Lie with your stomach
- Do a pelvic tilt.
- Lift your upper trunk upward toward the ceiling with your arms reaching out in front of you.



10. Leg Extensions (Advanced:)

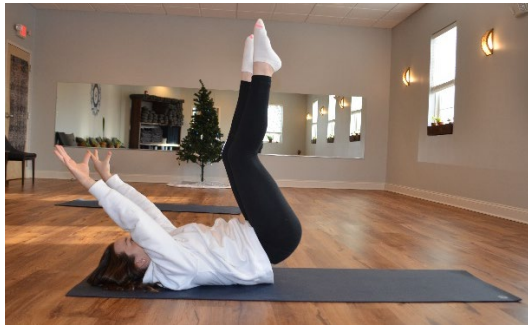
- Lie with your legs off of a mat.
- Do a pelvic tilt.
- Lift both legs up toward the ceiling.



## Lower trunk strength:

### 11. “Dead bug” Exercises:

- Lie on your back with your arms and legs pointing up toward the ceiling.
- Do a pelvic tilt by flattening your back against the floor.
- Lift your upper body upward while taking a belly breath in.
- Lower your body while letting your breath out.



### 12. “Dead bug” with a twist:

- Do the same as above but bring one shoulder toward one hip in the “dead bug” posture. Switch to the other side.



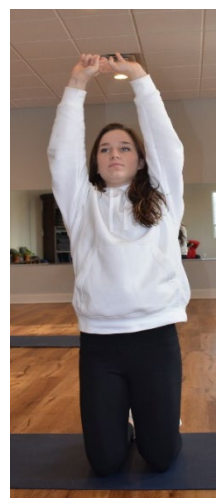
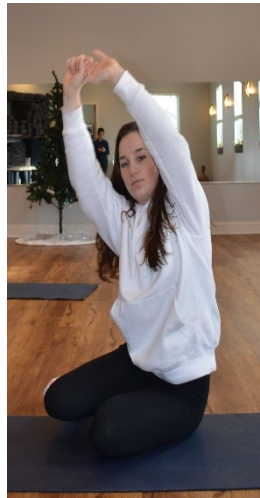
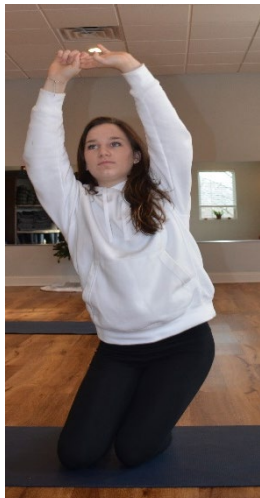
### 13. Side Plank “Clam Shell” Exercise:

- Lie on your side with your knees bent in front of you.
- Lift up to a side plank.
- Activate your core by doing a pelvic tilt.
- Move upper leg in a “clam shell” motion while breathing in.
- Breathe out.
- Now straighten top leg and lift upward while breathing in.
- Bring leg to starting position and breathe out.
- Complete process on both sides.



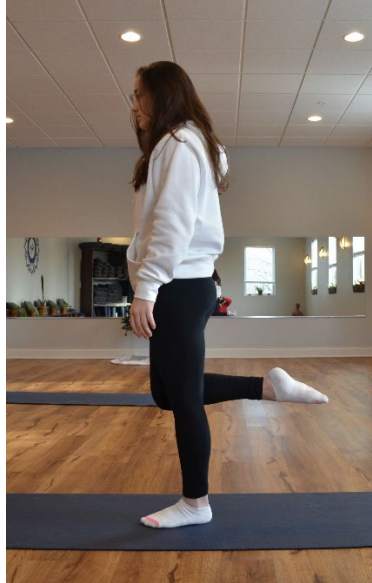
### 14. Side-sitting Exercise:

- Begin in a kneeling position.
- Without using your hands lower yourself to a side sit. (Breath out.)
- Without using your hands lift yourself back to kneeling. (Breathe in.)
- Repeat on the other side.



15. Hamstring strength in Standing:

- Place an ankle weight on your leg.
- Keeping thighs together, bend your knee.
- Your foot should come up toward your bottom.



**Additional Activities: (Advanced)**

16. Walk backward up the stairs.
17. Face sideways on stairs and hold railing. “Braid” up and down stairs first facing one direction and then facing the other direction.
18. Ride the stationary bicycle backward.
19. Holding weights in your hands lunge forward while walking and backward while walking. **Maintain pelvic tilt and watch your knees to make sure they are not**