

Dynamic Core Exercises 20 Minute Protocol

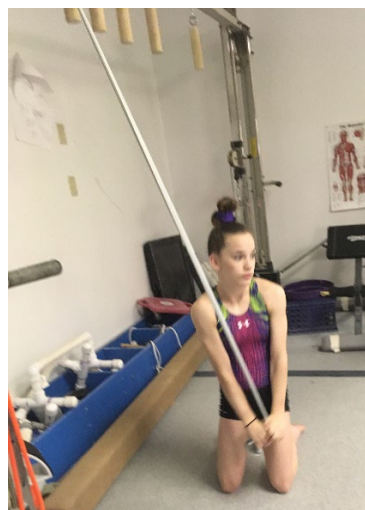
1. Backward Reach with Theraband.

- Sit back on your heels with theraband under your knees
- Grasp with hands in front of your body
- Raise to full kneeling position.
- Lift theraband overhead.
- Do a pelvic tilt and extend backward.
- Come back to hollow
- Sit back on your heels



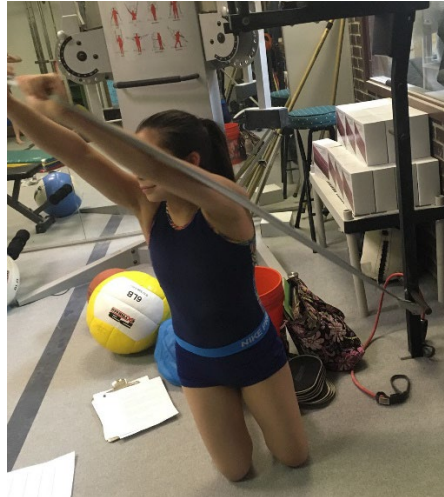
2. Downward Diagonal Pull:

- Pre-set yourself by doing a pelvic tilt, squeezing your buttocks, and completing a big diaphragmatic breath.
- Grasp theraband with both hands and pull from one side to the other and from an upward motion to a downward motion.
- In end range rotate trunk further.



3. Upward Diagonal Pull:

- Pre-set yourself by doing a pelvic tilt, squeezing your buttocks, and completing a big diaphragmatic breath.
- Grasp theraband with both hands and pull from one side to the other and from a downward motion to an upward motion.
- In end range rotate trunk further.



One legged Bridge on Bosu or therapy ball:

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



4. 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.



5. 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.



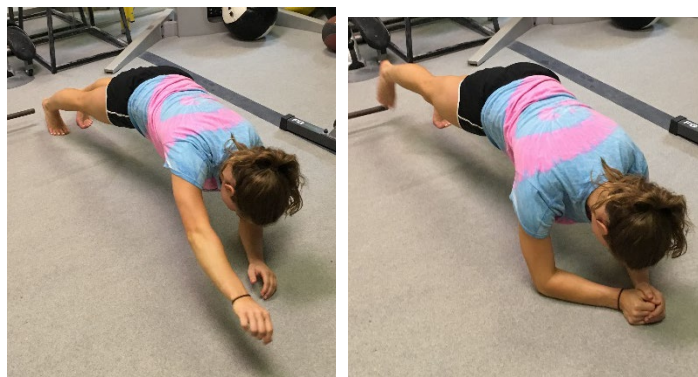
6. “Bird Dog” Exercises:

- Start on your hands and knees. Place theraband on opposite hand and foot.
- 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.



7. 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.



8. Side-sitting Exercise:

- Begin in a kneeling position. Place theraband under knees and grasp in front of you.
- 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.



9. Roller Walk:

- Place knees on slam ball and hands on 4 inch PVC Roller
- Engage core while you walk roller out as far as you can and then back to neutral.



10. Around the World:

- Sit on therapy ball
- Keeping your upper trunk stable slowly roll your hips forward, back, side, side in a circle “around the world”
- Repeat to the other side.



11. Slider “Push” Activity:

- Place slider on feet and begin in plank position.
- Push your body backward while maintaining a hollow position.

