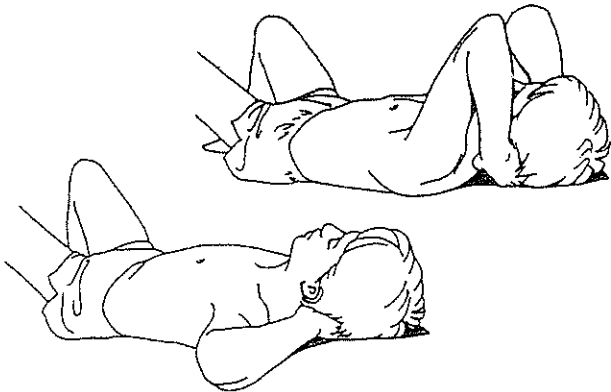


ORTHOPEDIC AFFILATES

Joint and Sports Medicine Center

Tel: 978.369.5391 Fax: 978.369.7661

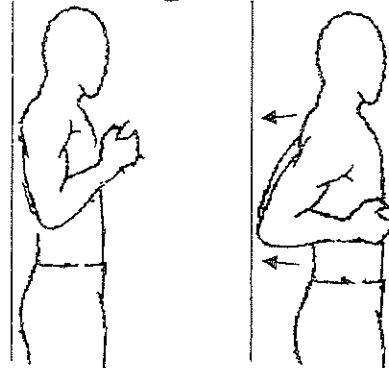
Core Stabilization Program



1 – Scapular Retraction (Supine)

With fingers clasped behind head, pull elbows back while pinching shoulder blades together.

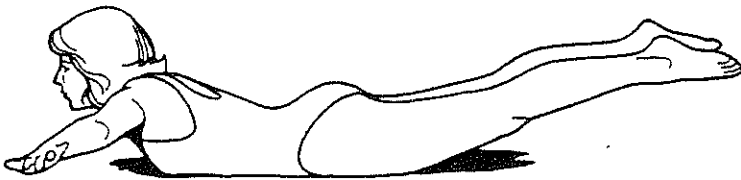
Hold for 2 seconds
Do 3 sets of 10
2 sessions each day



2 – Scapular Elbow Push-Up

Stand upright with back to the wall and elbows bent to 90 degrees. Push elbow into the wall while squeezing shoulder blades together to lift off the wall. Slowly bring elbows back to starting position allowing back to rest on wall

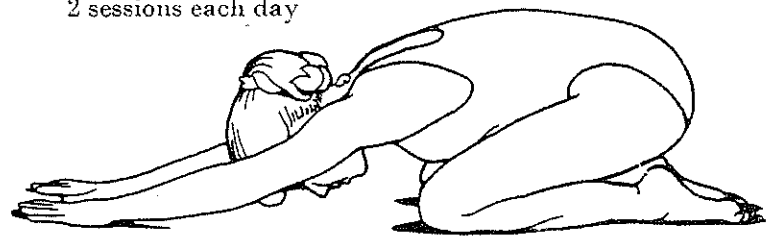
Repeat 10 times
3 sets per session
2 sessions each day



3 – Prone Back Extension

Lift upper body and legs off floor. Do not arch neck.

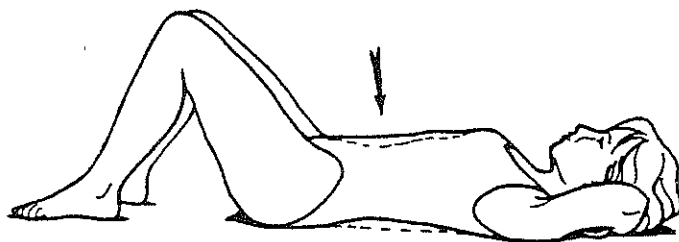
Hold for 2 seconds
Do 3 sets of 10
2 sessions each day



4 – Mid Back Stretch

Push chest towards floor, reaching forward as far as you can.

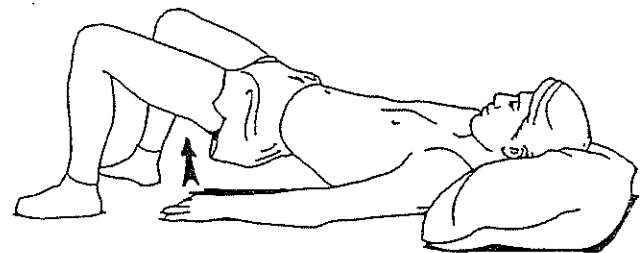
Hold 20 Seconds
Repeat 3 times
2 sessions each day



5 – Pelvic Tilt

Flatten back by tightening stomach muscles and buttocks.

Hold for 2 seconds
Do 3 sets of 10
2 sessions each day



6 – Bridging

Slowly raise buttocks from floor, keeping stomach tight

Hold for 2 seconds
Do 3 sets of 10
2 sessions each day