



THE TRUNK STABILIZATION PROGRAM

Back Doctor

The **program** the pros use.

Introduction

The Trunk Stabilization Program builds muscle strength, endurance, and coordination while maintaining the neutral pain-free position of the spine. The neutral pain-free position is the best alignment to protect the spine from injury. Training active, dynamic muscle control allows the spine to be maintained in that protected position.

The program begins with identification of the neutral spine position with the dead-bug exercise. With the assistance of the trainer or therapist, the athlete pushes his/her lumbar spine toward the floor until a moderate amount of force is exerted on the examiner's hand. This is not exaggerated back flattening with extreme force, but a mild to moderate amount of painless force from the examiner's hand. The athlete is then taught to maintain this same amount of force through abdominal and trunk muscle contraction while moving their arms and legs.

The athlete must breathe normally throughout the exercises. Breathing with the mouth open helps to prevent bearing down and holding the breath.

The athlete must maintain neutral spine position and complete exercises without pain in order to complete the level. Do not rush through levels; the athlete must consistently maintain neutral spine position before advancing. Complete the level on at least three separate occasions before advancing to the next; typical duration is at least 1 to 2 weeks per level. Certain exercises may progress more quickly than others, therefore advancement to the next level on an exercise may occur even though other exercises are not complete. The average level completed determines ability to return to aerobic exercise and athletic activities.



Dr. Robert G. Watkins III

ORTHOPEDIC SPINE SURGEON



Dr. Robert G. Watkins IV

ORTHOPEDIC SPINE SURGEON

The father and son team of orthopedic spine surgeons are the preeminent doctors for athletes with back and neck problems.

TRUSTED ACROSS THE LEAGUES



Returning to sports depends on

- 1 Achieving the proper level of the stabilization program; level three for recreational athletes and level five for professional athletes.
- 2 Obtaining proper aerobic conditioning; diversify the aerobic exercise.
- 3 Performing sports-specific exercises; under the guidance of the team athletic trainer, physical therapist, and strength coach.
- 4 Slowly returning to the sport; through practice, coaching, simulated games, and minute restrictions.
- 5 Continuing the stabilization exercises upon returning to sport.

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Back Doctor

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4

LEVEL 5



Dead Bug

Supported Arms, Marching Legs, 2 Min. or Supported Legs, Extended Arms, 2 Min.

Unsupported, Alternate Opposite Arms & Legs, 3 Min.

Unsupported, Alternate Opposite Arms & Legs, 7 Min.

Unsupported, Alternate Opposite Arms & Legs, 10 Min. May Add Weights.

Unsupported, Alternate Opposite Arms & Legs, 15 Min. May Add Weights.



Partial Sit-Up

Forward, Hands on Chest, 10 Reps.

Forward, Hands on Chest, 3 Sets x 10 Reps.

Hands Behind Head; Forward, Right, Left: 3 Sets x 10 Reps.

Weight on Chest: Forward, Right, Left: 3 Sets x 20 Reps.

Weights Overhead: Forward, Right, Left: 3 Sets x 30 Reps.



Bridging

On Ball: Flies, Swim, Supermans: 2 Sets x 20 Reps, Hold 5 Sec.

On Ball, Single Leg Extended, 4 Sets x 20 Reps, Each Side.

Single Leg Supported, Alternate Opposite Leg Extended, 3 Sets x 20 Reps, Each Side.

On Ball, Single Leg Extended, 4 Sets x 20 Reps, Each Side.

On Ball, Single Leg Extended, 5 Sets x 20 Reps, Each Side. With Ankle Weights.



Prone

Alternating Arm or Leg Lifts, 1 Set x 10 Reps, Hold 2 Sec.

Alternating Opposite Arm and Leg Lifts, 2 Sets x 10 Reps, Hold 5 Sec. Each Side.

On Ball: Flies, Swim, Supermans: 2 Sets x 20 Reps, Hold 5 Sec.

On Ball: Flies, Swim, Supermans w/ Weights, 2 Sets x 20 Reps. Walkout/pushups 3 Sets x 5 Reps.

On Ball: Flies, Swim, Supermans w/ Weights, 4 Sets x 20 Reps. Walkout/pushups 4 Sets x 10 Reps.



Quadruped

Alternate Arm or Leg, 1 Set x 10 Reps, Hold 2 Sec. Each Side.

Alternating Opposite Arm and Leg, 2 Sets x 10 Reps, Hold 5 Sec. Each Side.

Alternating Opposite Arm and Leg, 2 Sets x 20 Reps, Hold 5 Sec, Each Side.

Alternating Opposite Arm and Leg, 3 Sets x 20 Reps, Hold 5 Sec., w/ Weights.

Alternating Opposite Arm and Leg, 3 Sets x 20 Reps, Hold 15 Sec., w/ Weights.



Wall Slide

45 Degrees, 10 Reps, Hold 5 Sec.

90 Degrees, 10 Reps x 20 Sec.

90 Degrees, 10 Reps x 30 Sec. Lunges 1 Min.

90 Degrees, Weights at Side, 10 Reps x 30 Sec. Lunges w/ Weights at Side 3 Min.

90 Degrees, Weights with Arms Extended, 10 Reps x 30 Sec. Lunges w/ Weights in Front 5 Min.



Ball

Double Supported Leg Press, Arms at Side, 10 Reps, Hold 2 Sec.

Double Supported Leg Press, Arms Overhead, 10 Reps, Hold 2 Sec.

Arms on Chest, Ball Sit-ups, 20 Reps, Hold 2 Sec: Forward, Right, Left.

Weight on Chest, Ball Sit-ups, 30 Reps, Hold 2 Sec: Forward, Right, Left.

Weight in Extended Arms, 30 Reps, Hold 2 Sec: Forward, Right, Left. May Add: Pulleys, Weighted Stick.



Aerobic

Walk: Land or Water.

10-20 Min: Walk, Bike, Elliptical, Swim.

20-30 Min: Run, Bike, Elliptical, Swim.

45 Min: Run, Bike, Elliptical, Swim.

60 Min: Run, Bike, Elliptical, Swim.



Sports

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Rotator Cuff Exercises, Scapular Stabilization, Light Throw, Flat Foot Shoot, Skate.

Rotational Exercises, Swinging, Shooting, Throwing, Striding on Field. Weight Room (Protected).

Sport-Specific Exercises, Short Sprints, Cutting, Practice with Team.

Gradual Return to Sport.



Dead Bug

LEVEL 1



Dead Bug level one is performed in the back lying position with the knees bent, feet on the floor, and arms raised to the ceiling. Brace abdominal muscles keeping spine anchored to the floor in neutral pain-free spine position. This is not an exaggerated back flattening but rather a firm force held consistently throughout the exercise. March in place keeping one foot in contact with the floor and raise the opposite arm overhead. The key is to move slowly and control the neutral spine position. The goal of Dead Bug level one is to be able to perform this controlled movement for 2 minutes.

LEVEL 2



Dead Bug level two is performed with the feet off the floor. Start the exercise with the hips and knees in a bent position and with arms raised to the ceiling. Brace abdominal muscles keeping spine anchored to the floor in neutral spine position. Extend the opposite arm and leg in an alternating and controlled fashion. The goal of Dead Bug level two is to perform this controlled movement for 3 minutes while maintaining a neutral spine position.

LEVEL 3



Dead Bug level three is performed with the feet off the floor. Start the exercise with the hips and knees in a bent position and with arms raised to the ceiling. Brace abdominal muscles keeping spine anchored to the floor in neutral spine position. Extend the opposite arm and leg in an alternating and controlled fashion. The goal of Dead Bug level three is to perform this controlled movement for 7 minutes while maintaining a neutral spine position.

LEVEL 4



Dead Bug level four is performed with the feet off the floor. Start the exercise with the hips and knees in a bent position and with arms raised to the ceiling. Brace abdominal muscles keeping spine anchored to the floor in neutral spine position. Extend the opposite arm and leg in an alternating and controlled fashion. The goal of Dead Bug level four is to perform this controlled movement for 10 minutes without weights. Alternatively, weights can be added to the hands and ankles to increase difficulty and decrease the necessary time.

LEVEL 5



Dead Bug level five is performed with the feet off the floor. Start the exercise with the hips and knees in a bent position and with arms raised to the ceiling. Brace abdominal muscles keeping spine anchored to the floor in neutral spine position. Extend the opposite arm and leg in an alternating and controlled fashion. The goal of Dead Bug level five is to perform this controlled movement for 15 minutes without weights. Alternatively, weights can be added to the hands and ankles to increase difficulty and decrease the necessary time.



Partial Sit-Up

LEVEL 1



Partial Sit-Up level one is performed with arms placed across the chest and the neck held in a neutral position. Contract the abdominals and raise the shoulders and upper back off the floor while maintaining the neutral spine position. Avoid performing a full curl up maneuver. Hold shoulders off the floor for a few seconds and slowly return to the starting position. The goal of Partial Sit-Up level one is to perform one set of ten repetitions with good form.

LEVEL 2



Partial Sit-Up level two is performed with arms placed across the chest and the neck held in a neutral position. Contract the abdominals and raise the shoulders and upper back off the floor while maintaining the neutral spine position. Avoid performing a full curl up maneuver. Hold shoulders off the floor for a few seconds and slowly return to the starting position. The goal of Partial Sit-Up level two is to perform 3 sets of 10 repetitions with good form.

LEVEL 3



Partial Sit-Up level three is performed with the arms placed behind the head. The hand position increases the difficulty of this exercise. Make certain you don't clasp the hands and pull on the head and neck. Slowly raise the shoulders and upper back off the floor. First raise up forward, and then diagonally to one side, and then diagonally to the other side. One repetition equals forward, right and left. The goal of Partial Sit-Up level three is to perform 3 sets of 10 repetitions with good form.

LEVEL 4



Partial Sit-Up level four is performed with a weight held across the chest. The added weight will increase the intensity of the exercise. Slowly raise the shoulders and upper back off the floor forward and diagonally while maintaining the neutral spine position. Avoid a full curl up maneuver, maintain a neutral spine position. One repetition equals forward, right and left. The goal of Partial Sit-Up level four is to perform 3 sets of 20 repetitions with a weight across the chest.

LEVEL 5



Partial Sit-Up level five is performed with a weight held over the head at a 45 degree angle. The added weight and arm extended position will continue to increase the intensity of the exercise. Slowly raise the shoulders and upper back off the floor forward, and then diagonally, while maintaining the arm position controlling a neutral spine position. One repetition equals forward, right and left. The goal of Partial Sit-Up level five is to perform 3 sets of 30 repetitions with a weight above the head.



Bridging

LEVEL 1



Bridging level one is performed in the back lying position with knees bent and feet on the floor shoulder width apart. Contract the gluteal muscles to lift the hips off the floor. Maintain the neutral spine position and avoid arching the lower back. Hold the position for two seconds and slowly return to the starting position. The goal of Bridging level one is to control the neutral pain-free spine position and perform 2 sets of 10 repetitions.

LEVEL 2



Bridging level two is performed in the back lying position with knees bent and feet on the floor shoulder width apart. Contract the gluteal muscles to lift the hips off the floor. Maintain the neutral spine position and avoid arching the lower back. Hold the position for two seconds and slowly return to the starting position. The goal of Bridging level two is to control the neutral pain-free spine position and perform 2 sets of 20 repetitions.

LEVEL 3



Bridging level three is performed in the back lying position with knees bent and feet on the floor shoulder width apart. Contract the gluteal muscles to lift the hips off the floor. While maintaining the neutral spine position, extend one leg fully in line with your torso while the other leg is on the floor, then return the leg to starting position. Repeat with the opposite leg. The goal of Bridging level three is to perform 3 sets of 20 repetitions, each leg counts as one repetition.

LEVEL 4



Bridging level four incorporates the use of a stability ball, which requires balance and coordination. Sit on the ball, slowly walk yourself into a back lying position until the ball is positioned at your mid to upper back. While maintaining the neutral spine position, extend one leg fully in line with your torso. Repeat with the opposite leg. The goal of Bridging level four is to perform the exercise on the stability ball for 4 sets of 20 repetitions, each leg counts as one repetition.

LEVEL 5



Bridging level five incorporates the use of ankle weights. The use of the weights increases the degree of difficulty. Sit on the ball, slowly walk yourself into a back lying position until the ball is positioned at your mid to upper back. While maintaining the neutral spine position, extend one leg fully in line with your torso. Repeat with the opposite leg. The goal of Bridging level five is to perform the exercise on the stability ball for 5 sets of 20 repetitions, each leg counts as one repetition.



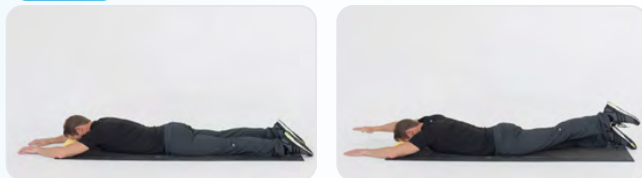
Prone

LEVEL 1



Prone level one is performed lying face down with a towel placed under the forehead to keep the neck in a neutral position. Although not shown, a pillow can also be placed under the stomach for comfort. Begin with lifting the arms in an alternating fashion. Then lift the legs in alternating fashion. Once you are comfortable with these movements, combine lifting the opposite arm and leg in a slow controlled fashion. Do not arch or hyperextend the back, keep the spine in a neutral position. The goal of Prone level one is to perform 1 set of 10 repetitions. Each side counts as one repetition.

LEVEL 2



Prone level two is performed lying face down. Lift opposite arm and leg and hold for 5 seconds to complete one repetition. Then repeat with opposite arm and leg. Perform this exercise in a slow controlled fashion making certain you do not lift too high causing the back to arch. Keep the spine in a neutral position. The goal of Prone level two is to perform 2 sets of 10 repetitions, holding for 5 seconds.

LEVEL 3



Prone level three is performed face down with a stability ball under the chest and the feet touching the ground. There are 3 variations to this exercise. The first exercise is called a fly. Roll forward slowly extending the trunk out across the ball while maintaining neutral spine position. Do not hyperextend the lower back. Flys are performed with arms out to the side in a "T" position with palms down facing the floor. Hold the position for 5 seconds, then roll back to starting position. The second exercise uses a free style swimming maneuver. Using the same technique, roll forward slowly extending the trunk out across the ball while maintaining a neutral spine position. Perform several free style swimming strokes and return to the starting position. The third exercise is called a Superman. Roll forward slowly extending the trunk out across the ball while maintaining a neutral spine position. Extend both arms forward holding for 5 seconds and return to the starting position. The goal of Prone level three is 2 sets of 20 repetitions of each exercise. Additionally, hand weights may be added to each exercise.



Prone (continued)

LEVEL 4



Prone level four uses the stability ball in a controlled walkout maneuver. With the abdominals braced and keeping the spine in a neutral position, start face down with the ball under the chest then walk the hands forward allowing the ball to roll down the legs to the shin. Stabilize the position using core and leg muscles. Hold for 5 seconds then slowly return to the starting position. The goal of Prone level four is to perform 3 sets of 5 repetitions.

LEVEL 5



Prone level five uses the stability ball for a push-up maneuver. With the abdominals braced and keeping the spine in a neutral position, start face down with the ball under the chest, walk the hands forward allowing the ball to roll down the legs to the shin. Stabilize the position using core and leg muscles. Perform a set of 5 push-ups, then slowly return to the starting position. The goal of Prone level five is the walkout pushup for 4 sets of 10 repetitions.



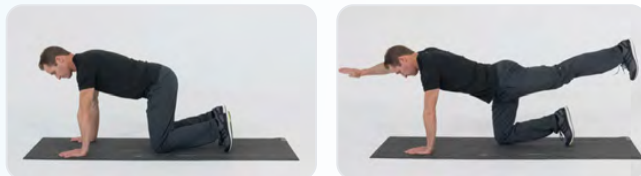
Quadruped

LEVEL 1



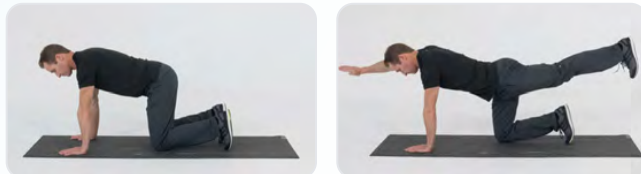
Quadruped level one is performed on your hands and knees with the spine, head and neck held in a neutral position. While maintaining the abdominals braced and controlling the spine in neutral position, raise one arm forward parallel to the floor, pause, then return to starting position. Then alternate to the other arm. Next keep the arms in neutral position and raise one leg in a fully extended position parallel to the floor being careful not to hyperextend the lower back, then alternate to the other leg. After mastering isolated arm and leg movements, lift one arm together with the opposite leg. This is one repetition. Then lift the alternate arm and leg. The goal of Quadruped level one is to perform alternating arm and leg lifts for 1 set of 10 repetitions.

LEVEL 2



Quadruped level two is performed on your hands and knees. While maintaining the abdominals braced and controlling the neutral spine position, raise one arm and opposite leg parallel to the floor for one repetition. Then alternate to the other arm and leg. Hold each position for 5 seconds and continue to perform in a slow controlled fashion. The goal of Quadruped level two is to perform alternating arm and leg lifts for 2 sets of 10 repetitions.

LEVEL 3



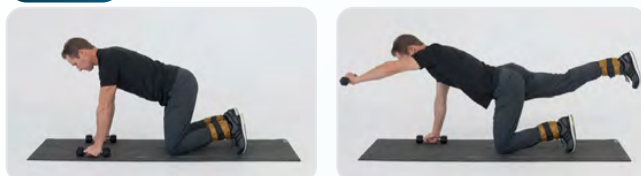
Quadruped level three is performed on your hands and knees. While maintaining the abdominals braced and controlling the neutral spine position, raise one arm and opposite leg parallel to the floor for one repetition. Then alternate to the other arm and leg. Hold each position for 5 seconds and continue to perform in a slow controlled fashion. The goal of Quadruped level three is to perform alternating arm and leg lifts for 2 sets of 20 repetitions.

LEVEL 4



Quadruped level four is performed on your hands and knees, with hand and ankle weights. While maintaining the abdominals braced and controlling the neutral spine position, raise one arm and opposite leg parallel to the floor for one repetition. Then alternate to the other arm and leg. Hold each position for 5 seconds and continue to perform in a slow controlled fashion. The goal of Quadruped level four is to perform the exercise using alternating arm and leg lifts for 3 sets of 20 repetitions of 5 second holds, with weights.

LEVEL 5



Quadruped level five is performed on your hands and knees, with hand and ankle weights. While maintaining the abdominals braced and controlling the neutral spine position, raise one arm and opposite leg parallel to the floor for one repetition. Then alternate to the other arm and leg. Hold each position for 15 seconds and continue to perform in a slow controlled fashion. The goal of Quadruped level five is to perform the exercise using alternating arm and leg lifts for 3 sets of 20 repetitions of 15 second holds, with weights.



Wall Slide

LEVEL 1



Wall Slide level one is performed with a stability ball positioned behind the back against a wall, feet shoulder width apart, with arms at the side. Brace abdominals controlling the spine in neutral position, squat to a 45 degree knee angle, hold 5 seconds and return to the starting position. The goal of Wall Slide level one is to perform 10 repetitions of 45 degree hold for 5 seconds.

LEVEL 2



Wall Slide level two is performed with a stability ball positioned behind the back against a wall, feet shoulder width apart, with arms at the side. Brace abdominals controlling the spine in neutral position, squat to a 90 degree knee angle, hold 20 seconds and return to the starting position. The goal of Wall Slide level two is to perform 10 repetitions of 90 degree hold for 20 seconds.

LEVEL 3



Wall Slide level three is performed with a stability ball positioned behind the back against a wall, feet shoulder width apart, with arms at the side. Brace abdominals controlling the spine in neutral position, squat to a 90 degree knee angle, hold 30 seconds and return to the starting position. The goal of Wall Slide level three is to perform 10 repetitions of 90 degree hold for 30 seconds.

LEVEL 4



Wall Slide level four is performed with a stability ball positioned behind the back against a wall, feet shoulder width apart, with arms at the side, and weights in hands. Brace abdominals controlling the spine in neutral position, squat to a 90 degree knee angle, hold 30 seconds and return to the starting position. The goal of Wall Slide level four is to perform 10 repetitions of 90 degree hold for 30 seconds, with hand weights at sides.

LEVEL 5



Wall Slide level five is performed with a stability ball positioned behind the back against a wall, feet shoulder width apart, with arms held in front of the body with hand weights. Brace abdominals controlling the spine in neutral position, squat to a 90 degree knee angle, hold 30 seconds and return to the starting position. The goal of Wall Slide level five is to perform 10 repetitions of 90 degree hold for 30 seconds, with hand weights in front of body.



Ball

LEVEL 1



Ball level one begins sitting on the ball with feet placed shoulder width apart. Walk the feet forward allowing the ball to roll up the back, and assume a squatting position. Then straighten the knees allowing the ball to roll down the back, using the legs to mimic a leg press maneuver, hold, and return to the starting position. Brace the abdominal muscles and keep chin tucked maintaining the neutral spine with arms at side. The goal of ball level one is to perform 10 repetitions in a slow controlled fashion.

LEVEL 2



Ball level two begins sitting on the ball with feet placed shoulder width apart. Walk the feet forward allowing the ball to roll up the back, and assume a squatting position. Raise arms overhead. Then straighten the knees allowing the ball to roll down the back, using the legs to mimic a leg press maneuver, hold, and return to the starting position. The goal of ball level two is to perform 10 repetitions with arms held overhead.

LEVEL 3



Ball level three begins sitting on the ball with feet placed shoulder width apart and weight held on chest with arms crossed. Walk the feet forward allowing the ball to roll up the back, and assume a squatting position. Perform a partial curl forward and then diagonally in both directions, holding for 2 seconds at each top position. Forward, right and left completes one repetition. The goal of ball level three is to perform 20 weighted repetitions holding 2 seconds in each direction.

LEVEL 4



Ball level four begins sitting on the ball with feet placed shoulder width apart and weights in hands. Walk the feet forward allowing the ball to roll up the back, and assume a squatting position. Cross arms putting weights on chest. Perform a partial curl forward and then diagonally in both directions, holding for 2 seconds at each top position. Forward, right and left completes one repetition. The goal of ball level four is to perform 30 repetitions holding 2 seconds in each direction with weights on chest.

LEVEL 5



Ball level five begins sitting on the ball with feet placed shoulder width apart and weights in hands. Walk the feet forward allowing the ball to roll up the back, and assume a squatting position. Lift arms overhead. Perform a partial curl forward and then diagonally in both directions, holding for 2 seconds at each top position. Forward, right and left completes one repetition. The goal of ball level five is to perform 30 repetitions holding 2 seconds in each direction with weights overhead.



Neck Doctor

LEVEL 1

LEVEL 2



Arm Roll

Standing, Chest Out Posture, Feet Shoulder Width, Knees Bent. Arms to Side in "T". Small Arm Rolls, Palms Fwd. Secondly Palms Facing Ceiling. Perform Each Dir. for 5 Sec.

Standing, Chest Out Posture, Feet Shoulder Width, Knees Bent. Arms to Side in "T". Small Arm Rolls, Palms Fwd. Secondly Palms Facing Ceiling. Perform Each Dir. for 10 Sec.



Chest Pull

Standing, Chest Out Posture, Feet Shoulder Width, Knees Bent. Hold Arms Fully Ext. in Front. Slowly Move Hands Apart. Return to Start Pos. Perform 3 Sets of 10 Repetitions.

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Elbow Touch

Standing, Chest Out Posture, Feet Shoulder Width, Knees Bent. Hold Arms Behind Head. Slowly Move Elbows to Midline. Return to Starting Chest Out Pos. Perform 3 Sets of 10 Reps.

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Shoulder Rolls

Standing, Chest Out Posture, Feet Shoulder Width, Knees Bent. Shrug Shoulders Up and Back, Rolling Motion. Return to Neutral. Relax. Perform 3 Sets of 10 Repetitions.

W/ Weights, Shrug Shoulders Up and Back, Rolling Motion. Return to Neutral. Relax. Perform 3 Sets of 10 Repetitions.



Shoulder Shrugs

Standing, Chest Out Posture, Feet Shoulder Width, Knees Bent. Shrug Shoulders Up, Hold and Relax. Perform 3 Sets of 10 Repetitions.

Standing, Chest Out Posture, Feet Shoulder Width, Knees Bent. W/ Weights, Shrug Shoulders Up, Hold and Relax. Perform 3 Sets of 10 Repetitions.



Standing Dead Bug

Standing, Back Leaning Against Wall, Feet Shoulder Width. Knees Bent. Arms to Side. Rotate Pelvis Under, Against Wall. Elevate Arms to Front, Reaching Overhead. Return to Starting Pos. Keep Flat. Neck in Neutral Pos. Prog. Up to 3 Sets of 10 Reps.

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Arm Roll

LEVEL 1



Arm Roll level one is performed in standing position with chest out posture, feet shoulder width apart, knees slightly bent and abdominals braced in neutral spine position. Extend arms out to the side in a “T” position. Perform a small arm roll with the arms; first with palms facing forward and secondly with palms facing ceiling. Perform each direction for 5 seconds.

LEVEL 2



Arm Roll level two is performed in standing position with chest out posture, feet shoulder width apart, knees slightly bent and abdominals braced in neutral spine position. Extend arms out to the side in a “T” position. Perform a small arm roll with the arms; first with palms facing forward and secondly with palms facing ceiling. Perform each direction for 10 seconds. Perform 3 sets of 10 seconds each.



Chest Pull

LEVEL 1



Chest Pull level one is performed in standing position with chest out posture, feet shoulder width apart, knees slightly bent and abdominals braced in a neutral spine position. Hold arms fully extended in front of the body with hands touching. Slowly move the hands apart assuming chest out posture and return to the starting position. Perform 3 sets of 10 repetitions.



Elbow Touch

LEVEL 1



Elbow Touch level one is performed in standing position with chest out posture, feet shoulder width apart, knees slightly bent and abdominals braced in a neutral spine position. Hold hands behind the head and slowly move the elbows to midline and return to the starting chest out posture position. Perform 3 sets of 10 repetitions.



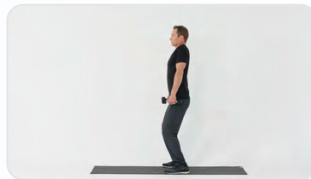
Shoulder Rolls

LEVEL 1



Shoulder Rolls level one is performed in standing position with chest out posture, feet shoulder width apart, knees slightly bent and abdominals braced in a neutral spine position. Shrug shoulders up and back in rolling motion, return to neutral and relax. Perform 3 sets of 10 repetitions

LEVEL 2



Shoulder Rolls level two is performed in standing position with chest out posture, feet shoulder width apart, knees slightly bent and abdominals braced in a neutral spine position. With hand held weights, shrug shoulders up and back in rolling motion, return to neutral and relax. Perform 3 sets of 10 repetitions with weights.



Shoulder Shrugs

LEVEL 1



Shoulder Shrugs level one is performed in standing position with chest out posture, feet shoulder width apart, knees slightly bent and abdominals braced in a neutral spine position. Shrug shoulders up, hold and then relax. Perform 3 sets of 10 repetitions.

LEVEL 2



Shoulder Shrugs level two is performed in standing position with chest out posture, feet shoulder width apart, knees slightly bent and abdominals braced in a neutral spine position. With hand held weights, shrug the shoulders up, hold and then relax. Perform 3 sets of 10 repetitions



Standing Dead Bug

LEVEL 1



Standing Dead Bug level one is performed with back leaning against a wall, feet shoulder width apart, knees slightly bent, with arms at side. Rotate pelvis under to flatten lower back against wall. Elevate arms in front of body to reach overhead. Keep lumbar spine pressed flat against wall throughout exercise. Return to starting position. Do not let any part of lower back raise up off the wall throughout the exercise, keep it flat against the wall. Head does not need to be up against the wall, hold neck in comfortable, neutral position. Progress up to 3 sets of 10 repetitions