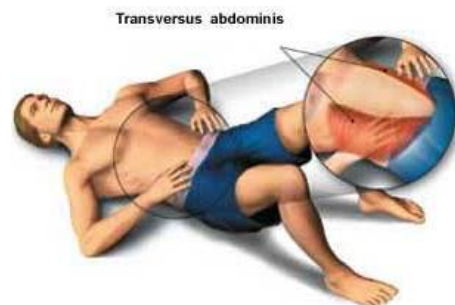




Maximized Results with **Core Stabilization Exercise**

Focus on your core

- Before you start to exercise your body's core, locate your deepest abdominal muscle — the transversus abdominis — by coughing once. The muscle you feel contracting is your transversus abdominis.
- Focus on keeping this muscle contracted while doing each of these exercises, and the rest of your core muscles get a workout, too. Once you know how to contract your abdominal muscles, begin the core muscle exercises.
- With each exercise, breathe freely and deeply and avoid holding your breath. Coordinate your breathing with the activation of your transversus abdominis to get the maximum benefit.



Segmental rotation

- Lie on your back on the floor with your knees bent and your back in a neutral position. Cough and hold to activate your transversus abdominis.
- Keeping your shoulders on the floor, let your knees fall slowly to the left (A). Go only as far as is comfortable — you should feel no pain, only a stretch.
- Use your trunk muscles to pull your legs back up to the start position. Repeat the exercise to the right (B).



Single-leg abdominal press

- Lie on your back with your knees bent and your back in a neutral position (A). Cough and hold to activate your transversus abdominis.
- Raise your right leg off the floor — so that your knee and hip are bent at 90-degree angles — and rest your right hand on top of your right knee (B).
- Push your hand forward while using your abdominal muscles to pull your knee toward your hand. Hold for three deep breaths and return to the start position.
- Repeat this exercise using your left hand and left knee. Keep your arm straight and avoid bending more than 90 degrees at your hip.



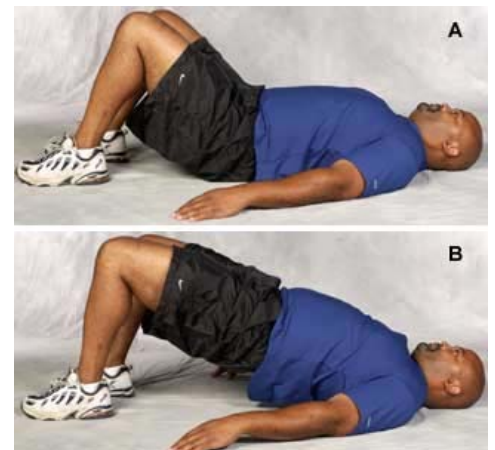
Single-leg abdominal press variations

- **Opposite hand on opposite knee.** Push your right hand against your left knee while pulling your knee toward your hand (A). You'll be pushing and pulling across the center of your body. Repeat this exercise using your other hand and leg.
- **Hand on outside of knee.** Place your left hand along the side of your left knee (B). Use your hand to push your leg inward. At the same time, create resistance by pushing your knee away from the center. Repeat using your other hand and leg.



Bridge

- Lie on your back with your knees bent (A). Keep your back in a neutral position — not overly arched and not pressed into the floor. Avoid tilting your hips up.
- Cough to activate your transversus abdominis. Holding the contraction in your abdominal muscles, raise your hips off the floor (B).
- Align your hips with your knees and shoulders. Hold this position and take three deep breaths — or for about five to eight seconds.
- Return to the start position and repeat. For a challenge, try alternately extending one knee while maintaining the bridge position.



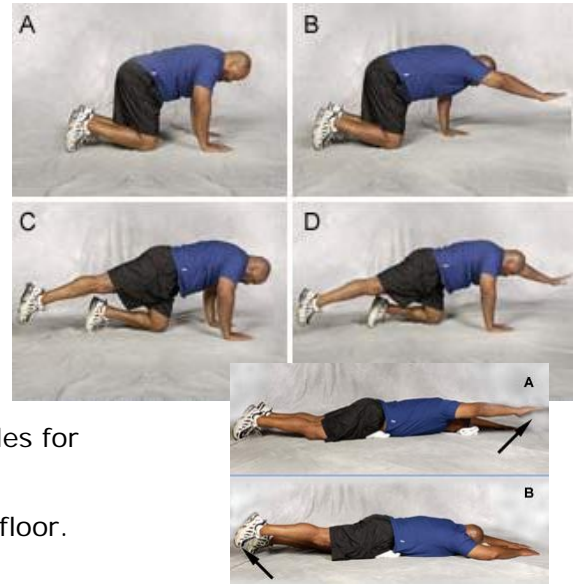
Proper crunch

- Lie on your back and place your feet on a wall with a 90-degree bend at your knees and hips. Cough and hold to activate your transversus abdominis.
- Imagine two dots in a vertical line on your abdomen — one above and below your bellybutton. Imagine pulling those dots together.
- Use your trunk muscles to raise your head and shoulders off the floor. To avoid straining your neck, cross your arms on your chest, rather than locking them behind your head, and don't raise your head more than shown. Hold for three deep breaths, then return to the start position and repeat.



Superman

- Start on your hands and knees with your hands directly below your shoulders and your head and neck aligned with your back (A).
- Cough and hold your core muscles tight. Raise one arm off the floor and reach ahead (B). Hold for three deep breaths, return your arm and raise your other arm.
- Repeat the exercise by raising each leg (C).
- Challenge yourself by raising one arm and the opposite leg together (D). When raising your leg, avoid rolling your pelvis. Center your hips and tighten your trunk muscles for balance. Do this on both sides.
- Alternate version can be performed while lying flat on the floor.



Modified plank

- Lie on your stomach. Raise yourself up so you're resting on your forearms and your knees.
- Keep your head and back in line and imagine your back as a tabletop. Align your shoulders directly above your elbows.
- Squeeze your core muscles. Create resistance by pressing your elbows and your knees toward one another. Neither should move from their positions on the floor.
- Hold for three deep breaths, then return to the start position and repeat.
- To make this exercise even more challenging bring the knees off of the ground.



Modified plank variations

- Starting from the modified plank position, concentrate on contracting your core muscles. Raise your right arm off the floor and hold for three deep breaths (A). Repeat with your left arm.
- Next lift each leg, in turn, from the modified plank start position (B). Hold for three breaths before returning to the start position.
- When you've mastered the single-arm and single-leg lifts, lift both an arm and the opposite leg at the same time for an extra challenge.



Side plank

- Starting on your left side, raise yourself onto your left forearm. Tighten your core muscles to keep your shoulders, hips and knees in alignment (A). Align your left shoulder directly above your left elbow. Rest your right arm along the side of your body.
- Hold this position for three deep breaths before relaxing. Repeat this exercise on your right side.
- For an added challenge, balance on your left hand, raise your hips off the floor and extend your right hand toward the ceiling (B). Hold for three deep breaths, relax and switch sides.



Additional Instructions for Maximized Results

- Keep the normal curve in the neck at all times (head back & chin up).
- The core routine should be performed at least 3 times per week.
- This routine can be performed by itself or in conjunction with other exercises.
- If you find these exercises to be less than challenging, try increasing the amount of repetitions and/or the amount of time for which you hold your contractions.
- If you have any problems or questions please ask the staff of Maximized Health Chiropractic for assistance.

Dr. Craig's Favorite Routine:

1. Modified Plank (hold for 10-60 sec.)
2. Side Plank – Right Side (hold for 10-60 sec.)
3. Bridge (hold for 10-60 sec.)
4. Side Plank – Left Side (hold for 10-60 sec.)

Repeat 2-3 times or until fatigued