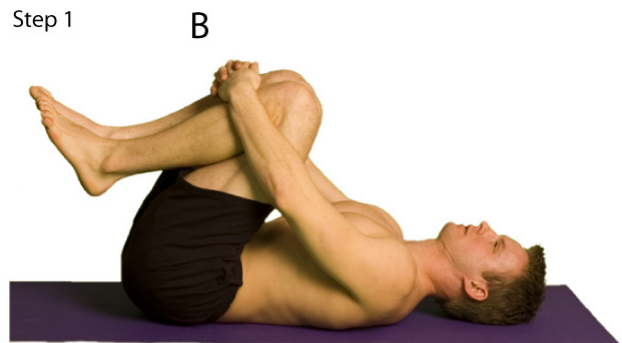


Lower Back Stretch

Knees to Chest in Supine Position

Procedure:

1. Lie on your back as illustrated
 - A. Bend both legs at the hips and knees
 - B. Wrap both hands around your knees
2. Slowly pull the knees toward your chest until a stretch is felt in the lower back
 - A. Maintain knees and feet together
 - B. Maintain the head and upper trunk flat on the floor
3. Hold stretch for the assigned number of seconds then slowly return to starting position
4. Complete the assigned sets

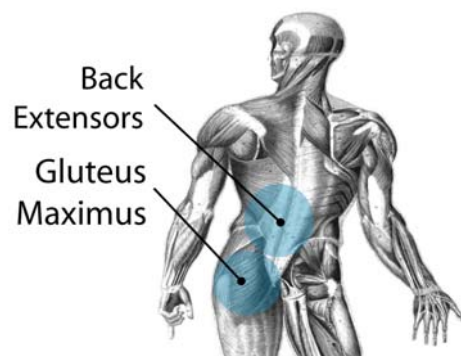


Exercise Prescription

Hold (sec):20 Reps:0 Sets:2
Prescribed by: Tim Melton, DC
Prescribed for: Vickie Meyers
Prescription date: 07/20/2010

Benefits:

- Stretches the muscles of the lower back
- Stretches the muscles that extend the hip (mainly the gluteus maximus muscle)



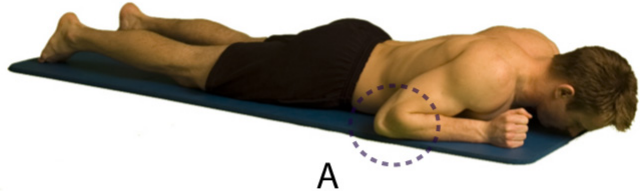
Trunk Flexor Stretch

Prone Position, on Elbows

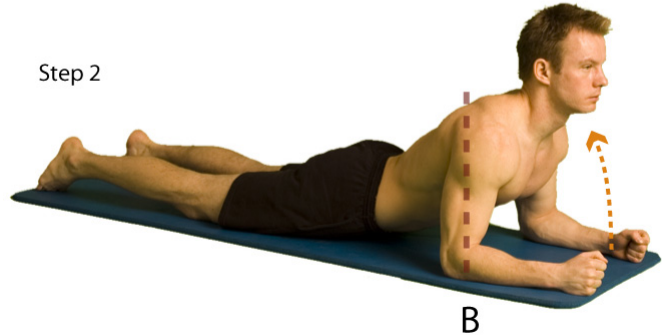
Procedure:

1. Lie on your belly as illustrated
 - A. Position your elbows next to your torso
2. Slowly lift yourself onto your elbows and look forward
 - A. Maintain pelvis on the floor
 - B. Maintain elbows underneath the shoulders
3. Hold the stretch for the assigned time then return to starting position
4. Perform the assigned sets

Step 1



Step 2

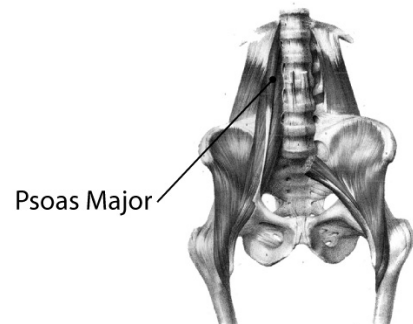


Exercise Prescription

Hold (sec):20 Reps:0 Sets:2
Prescribed by: Tim Melton, DC
Prescribed for: Vickie Meyers
Prescription date: 07/20/2010

Benefits:

- Stretches the trunk and hip flexors (mainly the psoas major)
- Improves the mobility of the trunk

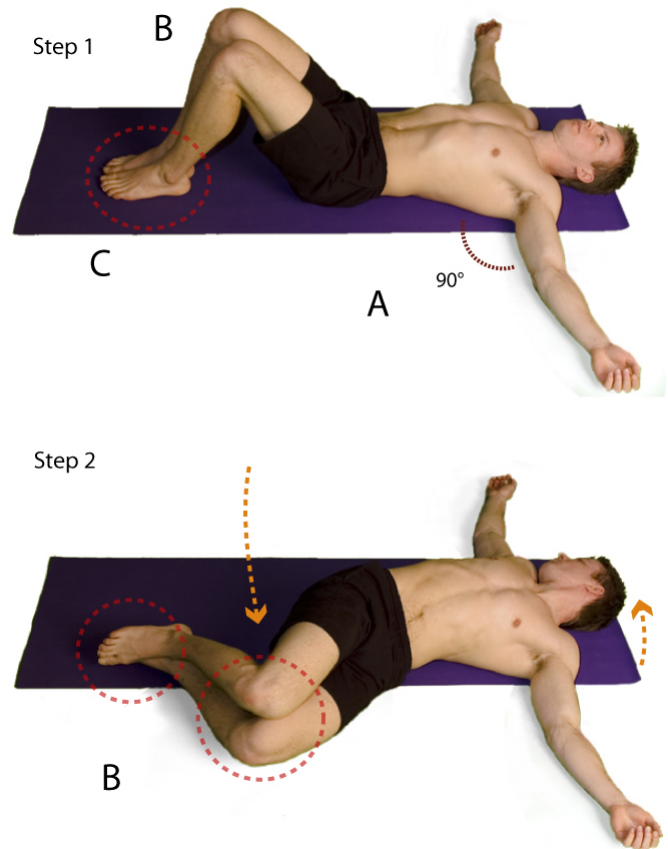


Trunk Rotations

Supine Position w/ Both Knees

Procedure:

1. Lie on your back as illustrated
 - A. Position both arms flat on the floor 90° away from body
 - B. Bend legs at the hips and knees with the knees next to each other
 - C. Position feet together on the floor
2. Slowly rotate your pelvis to your left bringing the knees towards the floor, at the same time rotate your neck to the right
 - A. Maintain shoulders and arms flat on the floor
 - B. Maintain knees and feet together
3. Hold this position for the assigned number of seconds then slowly return to starting position
4. Repeat the stretch in the opposite direction
5. Perform the assigned sets



Exercise Prescription

Hold (sec): 15 Reps: 0 Sets: 2
Prescribed by: Tim Melton, DC
Prescribed for: Vickie Meyers
Prescription date: 07/20/2010

Benefits:

- Stretches the hip and trunk rotators
- Relieves tension in lower back and the pelvis



Abdominal Crunch

Feet on Floor, Arms Horizontal

Procedure:

1. Lie on your back with the knees bent
 - A. Position knees and feet at shoulder width
 - B. Extend both arms next to your hips hovering above the floor
 - C. Tuck your chin toward the floor
2. Slowly lift your torso until the shoulder blades are off the floor
 - A. Maintain arms horizontal to the floor
 - B. Maintain chin tucked in
 - C. Maintain neck in straight line with the torso
3. Maintain the torso off the floor for 1 second then slowly lower your body to the starting position
4. Complete the assigned repetitions and sets

Step 1



Step 2



Exercise Prescription

Hold (sec):0 Reps:20 Sets:2

Prescribed by: Tim Melton, DC

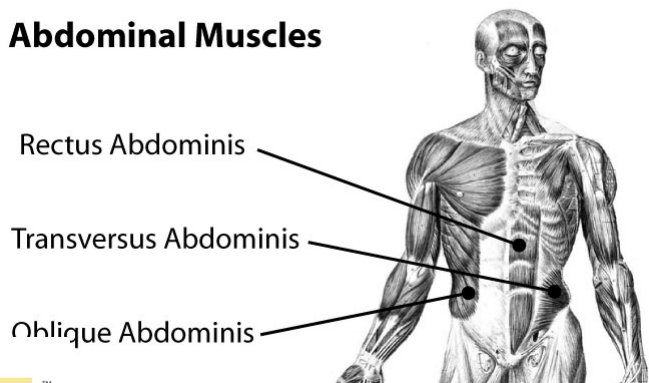
Prescribed for: Vickie Meyers

Prescription date: 07/20/2010

Benefits:

- Strengthens the abdominal muscles (rectus abdominus, oblique abdominus, transverses abdominus)
- Improves the stability of the core complex (hip-pelvis-lumbar complex)

Abdominal Muscles



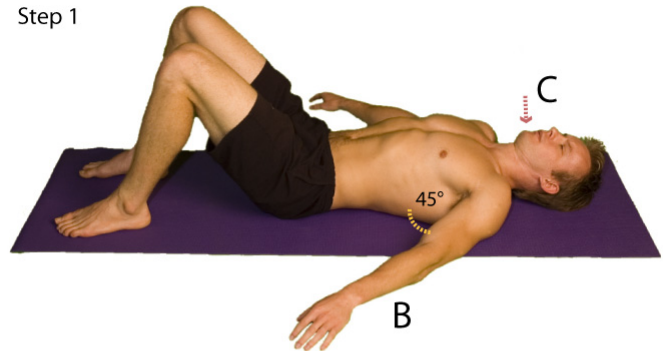
Oblique Abdominal Crunch

Feet on Floor, Arms on the Side

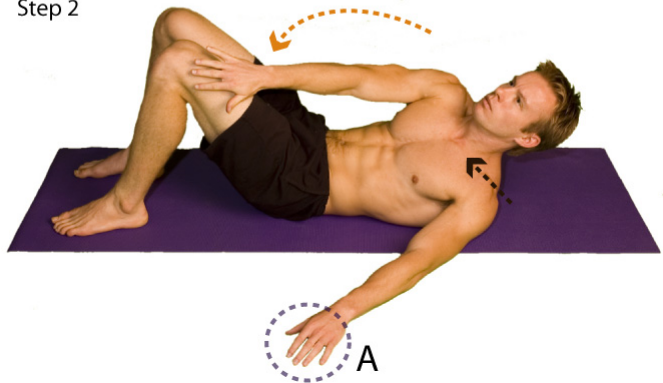
Procedure:

- Lie on your back with your knees bent and the feet flat on the floor
 - Position knees and feet at shoulder width
 - Position both arms on the floor about 45° away from the torso
 - Tuck in your chin
- Slowly lift your shoulder blades off the floor and rotate your torso to one side (bringing the hand/elbow next to the opposite knee)
 - Maintain the other arm still on the floor
 - Maintain chin tucked in and the neck straight
- Maintain the torso off the floor for 1 second then slowly return the body to the starting position
- Complete the assigned repetitions alternating the direction of the twist with each repetition
- Complete the assigned sets

Step 1



Step 2



Exercise Prescription

Hold (sec):0 Reps:20 Sets:2

Prescribed by: Tim Melton, DC

Prescribed for: Vickie Meyers

Prescription date: 07/20/2010

Benefits:

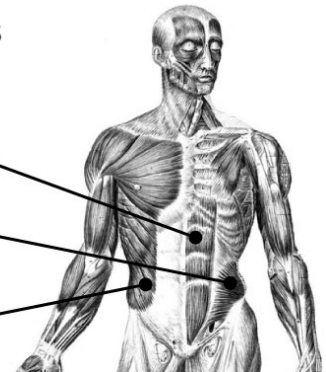
- Strengthens the abdominal muscles (rectus abdominis, oblique abdominis, transversus abdominis)
- Improves the stability of the core complex (hip-pelvis-lumbar complex)

Abdominal Muscles

Rectus Abdominis

Transversus Abdominis

Oblique Abdominis

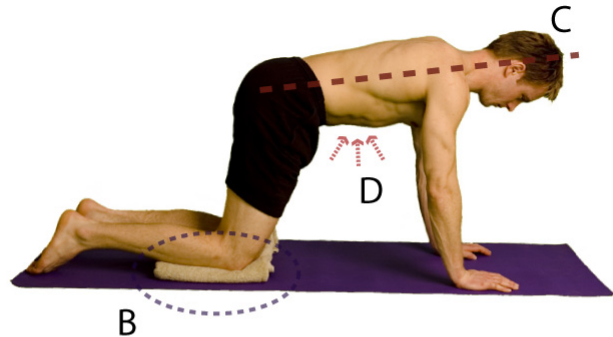


Prone Plank On Knees and Both Elbows

Procedure:

1. Position yourself on your hands and knees
 - A. Place the hands at shoulder width
 - B. Position knees and feet at shoulder width and place a folded towel underneath both knees
 - C. Position your neck and torso in a straight line
 - D. Assume a neutral spine position and tuck in your belly to contract your abdominal muscles
2. While holding your abdominal muscles contracted, position yourself on your elbows so that the torso is parallel to the floor
 - A. Keep neck and torso in a straight line parallel to the floor
 - B. Keep shoulders and elbows still
3. Hold this position for the assigned number of seconds then slowly return to starting position
4. Perform the assigned sets

Step 1



Step 2



Exercise Prescription

Hold (sec):20 Reps:0 Sets:2
Prescribed by: Tim Melton, DC
Prescribed for: Vickie Meyers
Prescription date: 07/20/2010

Benefits:

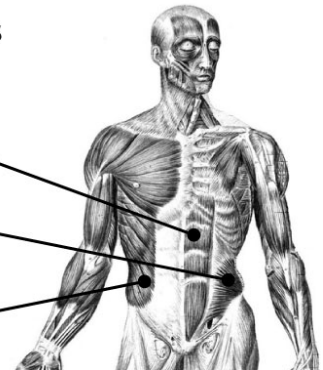
- Strengthens the abdominal muscles (rectus abdominis, oblique abdominis, transverses abdominis)
- Improves the stability of the core complex (hip-pelvis-lumbar complex)

Abdominal Muscles

Rectus Abdominis

Transversus Abdominis

Oblique Abdominis



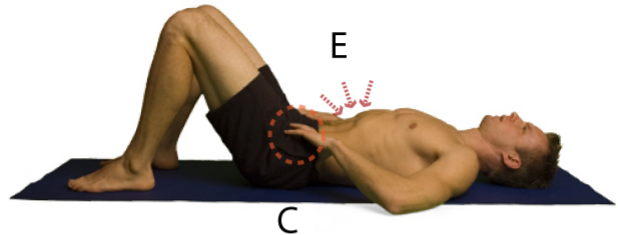
Supine Bridge

On Both Feet, Hands on Pelvis

Procedure:

1. Lie on your back with your knees bent
 - A. Position feet and knees at shoulder width
 - B. Place heels 1-2 feet away from the buttocks
 - C. Position hands on your pelvis
 - D. Assume a neutral spine position
 - E. Contract your abdominals

Step 1



2. Slowly lift your pelvis until the thighs and torso form a straight line

- A. Maintain neutral spine and belly tucked in
- B. Maintain knees at shoulder width
- C. Avoid any rotation of the pelvis

Step 2



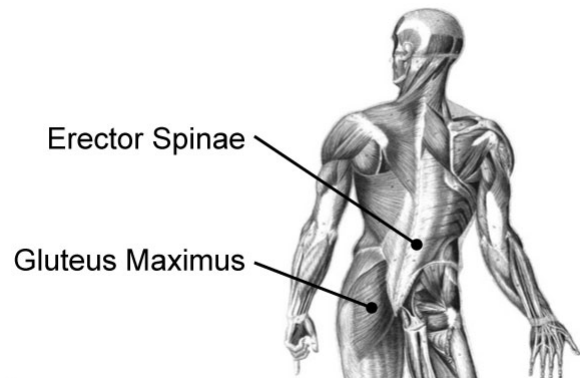
3. Hold lifted position for the assigned number of seconds then slowly return to starting position
4. Perform the assigned number of sets

Exercise Prescription

Hold (sec):20 Reps:0 Sets:2
Prescribed by: Tim Melton, DC
Prescribed for: Vickie Meyers
Prescription date: 07/20/2010

Benefits:

- Strengthens the trunk extensors (erector spinae)
- Strengthens the hip extensors (gluteus maximus)
- Stabilizes the core (lumbar-pelvic-hip complex)
- Improves balance and stability



Limb Extensions

Contralateral, on Hands and Knees

Procedure:

1. Position yourself on your hands and knees
 - A. Place hands, knees and feet at shoulder width
 - B. Position neck in straight line with torso
 - C. Tuck in your belly
 - D. Assume neutral spine position
2. Holding a neutral spine, slowly lift one arm and opposite leg until they are parallel to the floor
 - A. Point thumb up toward the ceiling
 - B. Keep leg, torso and arm in a straight line
 - C. Maintain neutral spine and belly drawn in
3. Hold position for one second then slowly return to starting position
4. Perform the assigned number of repetitions then repeat the exercise with the other set of limbs
5. Perform the assigned number of sets

Step 1



Step 2

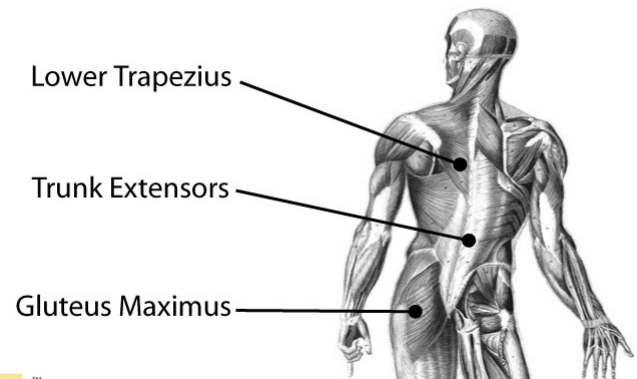


Exercise Prescription

Hold (sec):0 Reps:10 Sets:2
Prescribed by: Tim Melton, DC
Prescribed for: Vickie Meyers
Prescription date: 07/20/2010

Benefits:

- Strengthens primarily the back extensors, gluteus maximus and lower trapezius
- Stabilizes the core (lumbar-pelvic-hip-complex)



Prone Chest Lifts Arms in "A" Position

Procedure:

1. Lie on your belly with your legs fully extended and arms at your side
 - A. Place a pillow underneath your pelvis
 - B. Position arms 45° away from the body (the "A" position)
 - C. Fully extend both legs with the toes pointing away from the body
2. Slowly lift your chest and arms off the floor to a comfortable position
 - A. Keep the neck in a straight line avoiding any excessive extension or flexion
 - B. Maintain arms straight and at 45° away from body
 - C. Maintain pelvis and legs still
3. Hold the contraction for one second then slowly return to starting position
4. Complete the assigned repetitions and sets

Step 1



Step 2

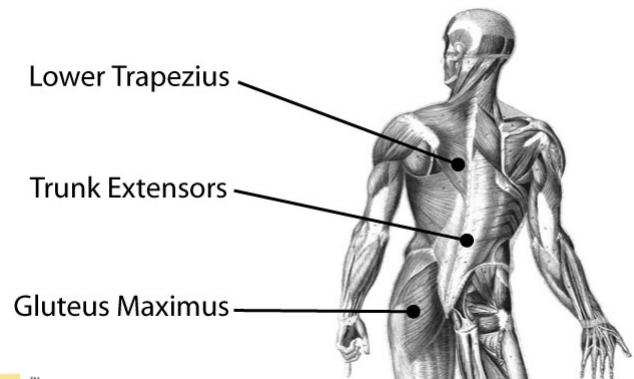


Exercise Prescription

Hold (sec):0 Reps:15 Sets:2
Prescribed by: Tim Melton, DC
Prescribed for: Vickie Meyers
Prescription date: 07/20/2010

Benefits:

- Strengthens the back musculature (lower trapezius, erector spinae, gluteus maximus)
- Stabilizes the core (lumbar-pelvic-hip complex)
- Improves posture



Side Plank

On One Elbow and Both Knees

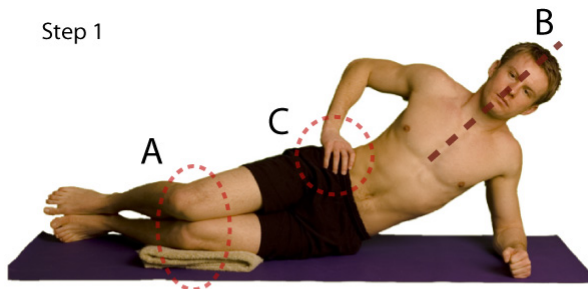
Procedure:

1. Lie on your side supporting your upper body on your elbow
 - A. Put both knees together, slightly bend them and position them onto a folded towel
 - B. Position neck and torso in a straight line
 - C. Position top hand on pelvis
2. Slowly lift the pelvis off the floor until your body forms a straight line
 - A. Maintain knees together on the towel
 - B. Keep neck, torso and thighs in a straight line
 - C. Keep the supporting elbow still and **avoid** shrugging your shoulders
3. Maintain the position for the assigned number of seconds then slowly lower your body to the starting position
4. Repeat the exercise on the other side
5. Complete the assigned sets

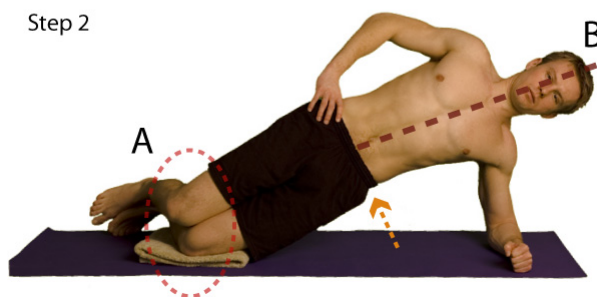
Benefits:

- Strengthens the abdominal muscles (rectus abdominis, oblique abdominis, transversus abdominis)
- Improves the stability of the core complex (hip-pelvis-lumbar complex)

Step 1



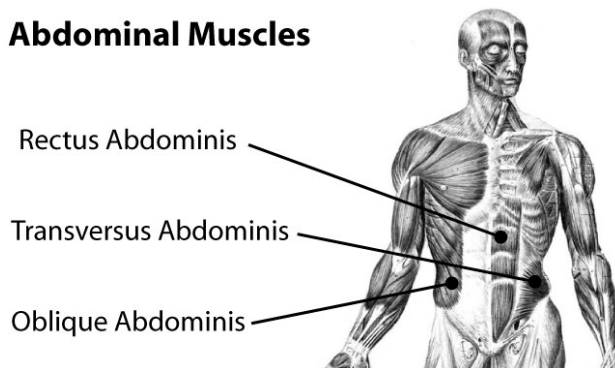
Step 2



Exercise Prescription

Hold (sec): 10 Reps: 0 Sets: 2
Prescribed by: Tim Melton, DC
Prescribed for: Vickie Meyers
Prescription date: 07/20/2010

Abdominal Muscles

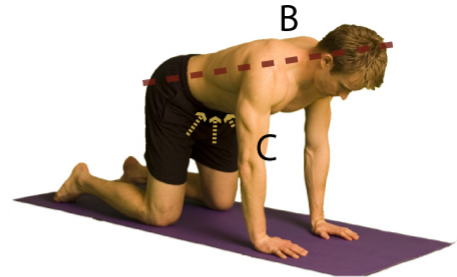


Trunk Rotations On Hands & Knees

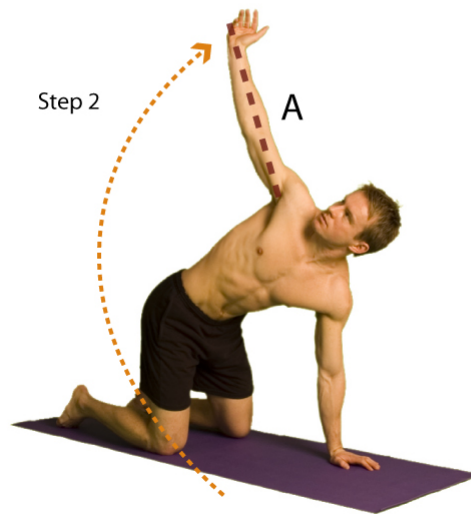
Procedure:

1. Position yourself on your hands and knees
 - A. Hands, knees and feet at shoulder width
 - B. Neck and torso in a straight line
 - C. Assume a neutral spine and tuck in your belly
2. Slowly lift one arm towards the ceiling while rotating your head and torso into the lift
 - A. Maintain arm straight
 - B. Maintain neutral spine and contracted abdominals
 - C. Maintain the other hand, knees and pelvis still during the trunk rotation
3. Hold contraction for one second then slowly return to the starting position
4. Complete the assigned repetitions then repeat the exercise in the opposite direction
5. Complete the assigned number of sets

Step 1



Step 2

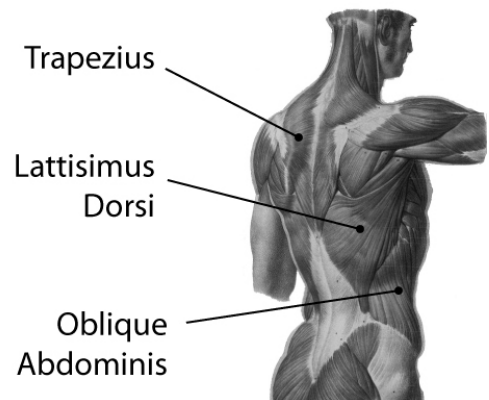


Exercise Prescription

Hold (sec):0 Reps:15 Sets:2
Prescribed by: Tim Melton, DC
Prescribed for: Vickie Meyers
Prescription date: 07/20/2010

Benefits:

- Strengthens the trunk rotators and shoulder retractors (oblique abdominis, latissimus dorsi, trapezius)
- Improves the stability of the core complex (hip-pelvis-lumbar complex)
- Improves posture and balance



Reverse Abdominal Curl Arms on The Side

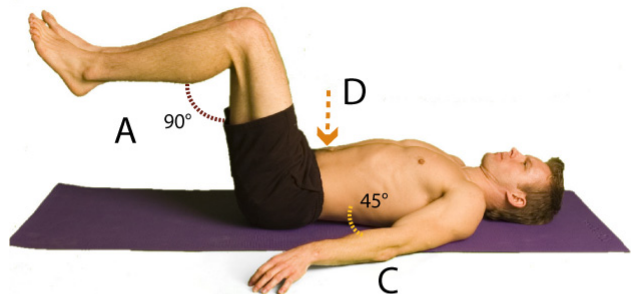
Procedure:

1. Lie on your back with both knees up as illustrated
 - A. Position both thighs perpendicular to the floor assuming a 90° angle at your knees
 - B. Position knees and feet together
 - C. Position arms on the floor 45° away from the body
 - D. Tuck in your belly
2. Slowly lift your buttocks a few inches off the floor by bringing the knees toward your chest
 - A. Maintain the arms, shoulders and head flat on the floor
 - B. Maintain knees together
 - C. Control the movement
3. Hold the contraction for one second then slowly lower buttocks to the starting position
4. Complete the assigned repetitions and sets

Benefits:

- Strengthens the abdominal muscles (mainly rectus abdominus)
- Strengthens the core (lumbar-pelvic-hip complex)

Step 1



Step 2



Exercise Prescription

Hold (sec):0 Reps:10 Sets:2
Prescribed by: Tim Melton, DC
Prescribed for: Vickie Meyers
Prescription date: 07/20/2010

Abdominal Muscles

Rectus Abdominis

Transversus Abdominis

Oblique Abdominis

