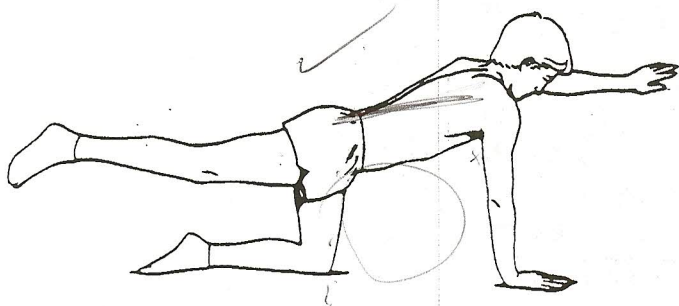


TRUNK STABILITY - 20

Quadruped Opposite Upper and Lower Extremity Extension



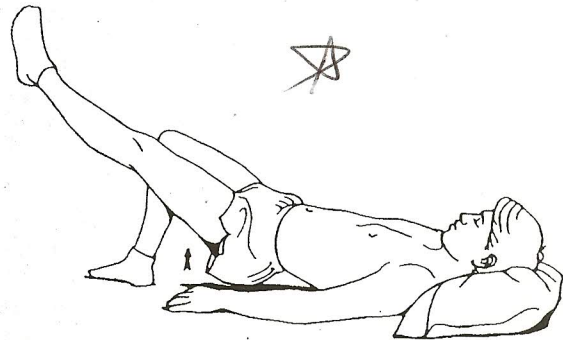
Tighten stomach and simultaneously raise leg and opposite arm.

Hold 3 seconds then slowly return to starting position, keeping trunk rigid. Repeat 10 times on each side.

Do 1-2 sessions per day.

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TRUNK STABILITY - 13 Bridging with Straight Leg Raise



Begin by lifting buttocks 6 to 8 inches from floor, then slowly extend one knee keeping stomach tight.

Hold 5 seconds, then slowly bend knee to starting position. Repeat 10 times on each side.

Do 1-2 sessions per day.

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