

Trunk / Core Exercises



1. Posture

- Chest Bone UP
- Shoulder Blades BACK
- Ears over shoulders

Hold for at least 10s, many times a day. When walking, rotate your shoulders so that your thumbs point AWAY from your body for short periods of time.

2. Core Muscle Strength

Lie in bed or supported chair with feet flat and knees bent

- Gently pull belly button in towards spine
- Tighten muscles that stop the flow of urine

Hold for 5-10 seconds while breathing normally.

Progression: On an exhale, slowly lift one foot from the surface, keeping your spine neutral. Repeat with the other foot. Repeat 10 times per side.



3. Plank

a. Against a counter

Stand three feet from a counter with hands flat on the counter.

- Engage core muscles and lean forward so shoulders are over hands. Keep your body in a straight line.

Hold for 5 seconds; build up to 10 seconds. Repeat 5 times.

b. On a mat

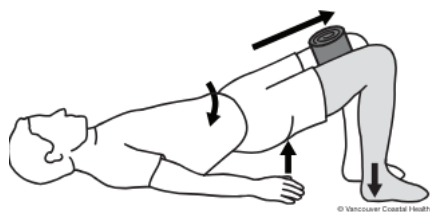
Start on hands and knees with hands just above shoulder level.

- Engage core muscles and lean forward so shoulders are over wrists. Keep your trunk in a straight line.

Hold for 5 seconds; build up to 10 seconds. Repeat 5 times.

Progression: Raise knees, keeping your body in a straight line.





4. Bridge

Lie on your back, thighs hip-width apart. Squeeze large rolled towel firmly between thighs

- Use your lower buttock muscles to lift hips off the bed. Hold 5 seconds. Slowly lower hips down.

Repeat 10–15 times.



5. Side Plank

a. With wall support

Stand one foot away from a wall with your feet parallel to the wall and forearm on the wall.

- Engage your core and move your hips towards the wall, then back out again to the starting position. Do not lean forwards or twist.

Repeat 10 -15 times on each side.

Progression: Place your hand on a lower surface, such as a counter top



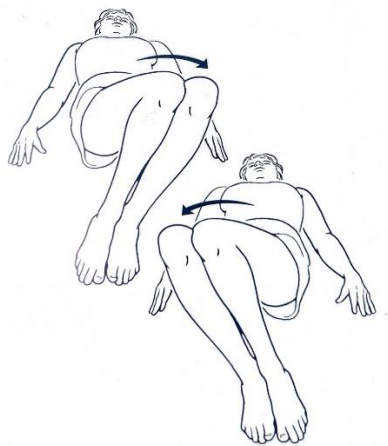
b. On forearm

Position yourself on your side with knees bent to 90 degrees.

- Engage your core. Move your hips away from the surface, then back down again. Do not lean forwards or twist.

Repeat 10-15 times on each side.

Progression: Do the same exercise with straight legs.



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6. Spinal Twist

Lie on your back with your feet flat and knees bent

- Slowly let your knees drop to one side and then the other side. Stay within your pain-free range.

Repeat 5-10 times to each side.