







## HOME EXERCISE PROGRAM

### PARTICIPANT HANDOUT

*please place a mark in each box associated with a day upon completing a session. if a session is not completed, leave a box empty.*

week	exercises
1 <ul style="list-style-type: none"><li>• day 1</li><li>• day 2</li><li>• day 3</li></ul>	<ol style="list-style-type: none"><li>1. transverse abdominis contraction</li><li>2. supine bent knee fall outs</li></ol>  <ol style="list-style-type: none"><li>3. dead bug alternating leg lifts</li></ol> 
2 <ul style="list-style-type: none"><li>• day 1</li><li>• day 2</li><li>• day 3</li></ul>	<ol style="list-style-type: none"><li>1. transverse abdominis contractions</li><li>2. dead bugs with one hip held by hand in 90 degrees of flexion, alternating leg lifts</li></ol>  <ol style="list-style-type: none"><li>3. quadruped hip extensions</li></ol>

	
<p>3</p> <ul style="list-style-type: none"> <li>• day 1</li> <li>• day 2</li> <li>• day 2</li> </ul>	<ol style="list-style-type: none"> <li>1. transverse abdominis contractions seated on bosu ball</li> <li>2. seated alternating marching (note: on exercises where the picture has the person sitting on a ball, you will be sitting on a chair, couch, bed, etc.).</li> </ol>  <ol style="list-style-type: none"> <li>3. dead bugs with one hip held by hand in 90 degrees of flexion, alternating leg lifts.</li> </ol> 

4

- day 1
- day 2
- day 3




1. seated alternating marching






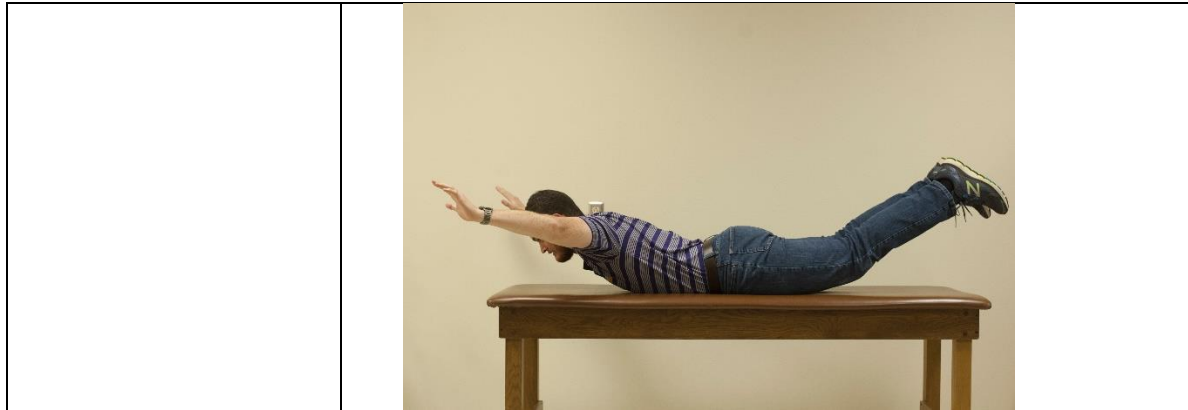
2. seated alternating knee extensions



3. dead bugs with one hip actively maintained in 90 degrees of flexion, alternating leg lifts

	
<p>5</p> <ul style="list-style-type: none"> <li>• day 1</li> <li>• day 2</li> <li>• day 3</li> </ul>	<ol style="list-style-type: none"> <li>1. seated alternating shoulder flexion and march on opposite arm/leg   </li> <li>2. seated bilateral symmetrical d2 flexion/extension   </li> <li>3. dead bug with both hips moving simultaneously through movements</li> </ol>

	
<p>6</p> <ul style="list-style-type: none"> <li>• day 1</li> <li>• day 2</li> <li>• day 3</li> </ul>	<p>1. seated bilateral asymmetrical d1/d2 flexion/extension</p>  <p>2. dead bug with both hips moving simultaneously through movements</p>  <p>3. prone supermans</p>



**references:**

kisner c, thorp jn. the spine: exercise and manipulation interventions. in: kisner c, colby la, eds. *therapeutic exercise: foundations and techniques*. 6th ed. Philadelphia, PA: F.A. Davis Company; 2012.