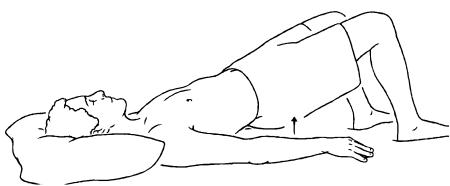




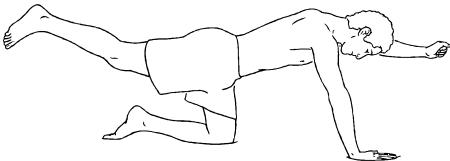
Braintree: 340 Wood Road, Suite 303 781-535-6053
Weymouth: 541 Main Street, Suite 203 781-340-1480
Plymouth: 45 Resnik Road 508-747-6600
Boston/North Station: 30 Lancaster Street 617-367-4700

Glute Bridge



Slowly raise buttocks from floor, keeping stomach tight.
Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

Alternate Arm Leg Lift (Bird Dog)



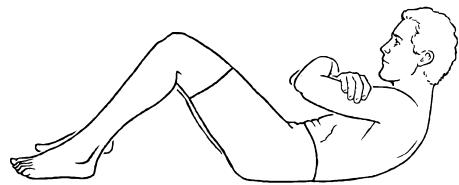
Tighten stomach and raise right leg and opposite arm.
Keep trunk rigid.
Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

Plank



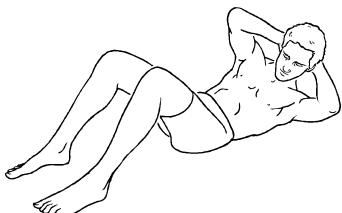
1. Lie face down on mat resting on the forearms, palms flat on the floor.
2. Push off the floor, raising up onto toes and resting on the elbows.
3. Keep your back flat, in a straight line from head to heels.
4. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air.
5. Hold for seconds, lower and repeat for reps.

Ab Crunch



Keeping arms folded across chest, tilt pelvis to flatten back.
Raise head and shoulders from floor.
Repeat 20 times per set. Do 1 sets per session.
Do 1 sessions per day.

Oblique Crunch



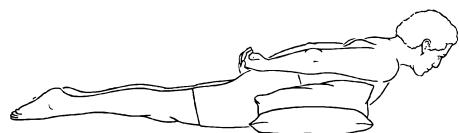
Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders while rotating to left side.
Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

Hip Lift

Cross right leg over the left knee. Push through your left heel to lift your pelvis to a neutral position. Focus on squeezing your left glute muscle. Lower down and relax your glute completely after each rep.
Perform 2 sets of 10 on each side.

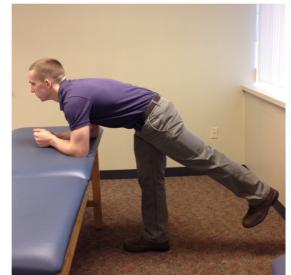


Prone Back Extension



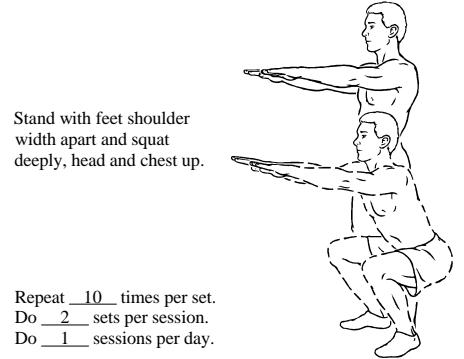
With pillow supporting abdomen, clasp hands behind back and lift upper body from floor. Keep chin tucked while lifting.
Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

Pivot Prone Hip Extension



Start by leaning forward on a table, weight on your elbows. Tighten your stomach and lift your left leg behind by tightening your left glute. Pause 1 sec and return to start position. Avoid arching your back or rotating your hips.

Squats



Stand with feet shoulder width apart and squat deeply, head and chest up.
Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

Side Plank

Side Plank

1. Lie on your side with your right hand on the ground or use an exercise mat.
- For beginners, it is recommended to begin this exercise on your elbow.
2. Lift yourself up to form a plank with your right arm straight and your left arm on your side.



Hold for seconds.
Repeat times
Targeted Muscles: Abdominals, Hips, Low Back



Blue Hills
SPORTS & SPINE
Rehabilitation