

EXERCISE 2.1 Supine Single Arm Raise

From the hook lying position, maintain the neutral spine position and the co-contraction maneuver. Have your arms elevated so that your fingers are pointing straight up toward the ceiling (figure 1).

Slowly lower your right arm until it is all the way overhead (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Slowly return to the starting position, and repeat this movement with the left arm.

Repeat _____ times on each side.

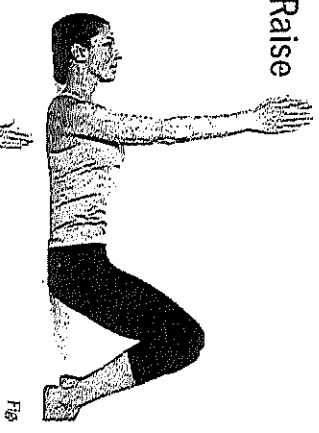


Fig 1

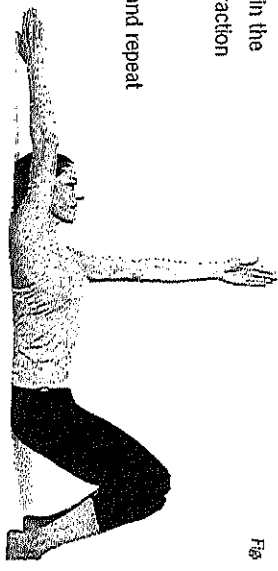


Fig 2

EXERCISE 2.3 Supine Single Leg Raise

From the hook lying position, maintain the neutral spine position and the co-contraction maneuver (figure 1).

Slowly raise your right leg until your hip is bent to 90 degrees (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Slowly return to the starting position, and repeat this movement with the left leg.

Repeat _____ times on each side.

Imagine a glass of water on your belly – don't spill it!

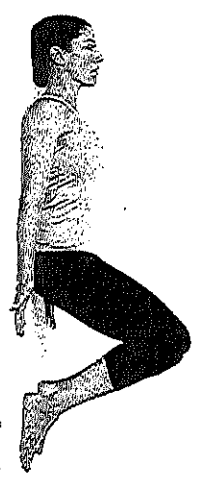


Figure 1

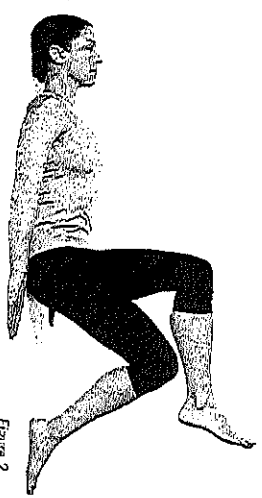


Figure 2

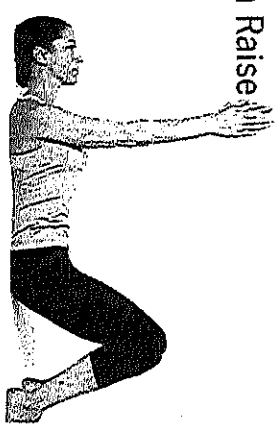
EXERCISE 2.2 Supine Double Arm Raise

From the hook lying position, maintain the neutral spine position and the co-contraction maneuver. Have your arms elevated so that your fingers are pointing straight up toward the ceiling (figure 1).

From here slowly lower both arms overhead without losing the neutral spine position or co-contraction maneuver (figure 2).

Slowly return to the starting position.

Repeat _____ times.



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EXERCISE 2.4 Supine Single Leg Extension

From the hook lying position, maintain the neutral spine position and the co-contraction maneuver (figure 1).

Slowly lift your right leg and then extend it straight out (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

Bring it back to the starting position. Then repeat this movement with the left leg.

Repeat _____ times on each side.

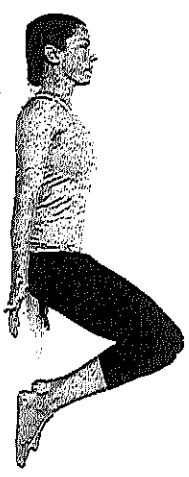


Figure 1



Figure 2