

CONDITIONING THE PELVIC, & BACK MUSCLES

Purpose - Strengthen & coordinate movements of the pelvis, trunk and extremities

Swims

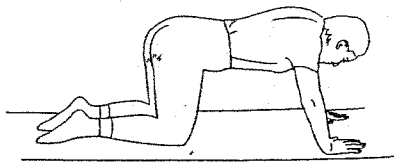


FIG.A

Fig. A.
 1 - Assume the quadrupedal position or 4 point position on the floor.
 2 - Explore the your neutral pelvic position through extending and flexing the lower back as in Fig. A/B of the Dead-bug track.
 3 - Once you have found your neutral pelvic position hollow the abdomen and maintain this position throughout the entire exercise sequence.

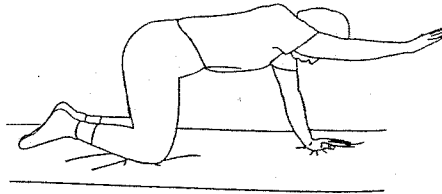


FIG. B

Fig. B.
 1 - Repeat the steps of 1 & 2 of Fig. A.
 2 - Slowly raise your right arm to level with the shoulder and pause briefly then lower to the floor.
 3 - Repeat with opposite arm (reps _____ X _____ per day).

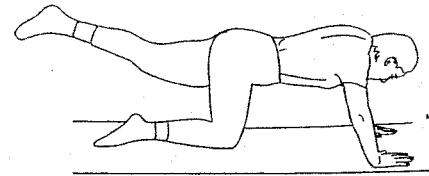


FIG. C

Fig. C.
 1 - Repeat the steps of 1 & 2 of Fig. A.
 2 - Slowly extend the left leg straight behind without bending the knee or extending the lumbar spine.
 3 - Repeat with opposite leg (reps _____ X _____ per day).

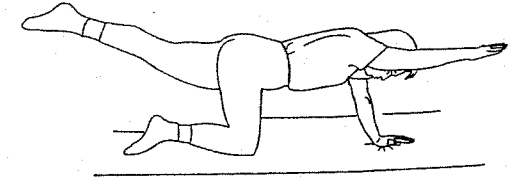


FIG. D

Fig. D.
 1 - Repeat the steps of 1 & 2 of Fig. A.
 2 - Slowly raise left arm and right leg simultaneously to a parallel position level with body.
 3 - Repeat with the opposite arm and leg. Over-extending or reaching should be avoided.
 (reps _____ X _____ per day).

SUPERMAN TRACK

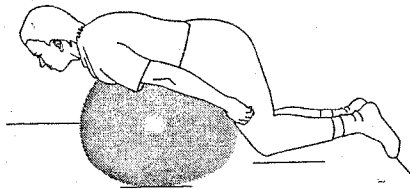


FIG.A

Positions A/B.

Drape your body over the gym ball with your hips and knees at about a 90-degree angle, while the soles of your feet are against the wall as shown in fig. A.
 Slowly push off the wall extending your hips and knees, while contracting your buttocks muscles as shown in fig. B. Keep your neck straightforward ("long" neck with a chin tuck).
 (Repetitions _____ X _____ per day).

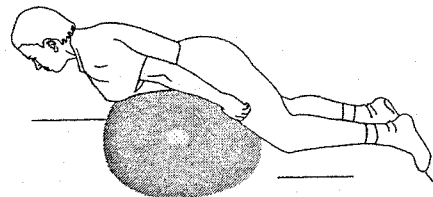


FIG. B

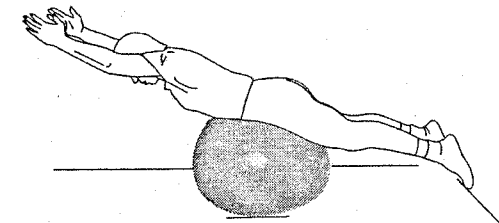


FIG. C

Position C.

1- Repeat steps in figures A & B of the superman track while performing "arm reaches" as shown in fig. C. It is important to maintain mid/lower scapular stabilization (pull the shoulder blades back, down and inward as you would if you were attempting to "crack" an egg between your shoulder blades) while performing "arm reaches" with this exercise.
 (Repetitions _____ X _____ per day).