

ADDENDUM: ADDITIONAL EXERCISES FOR LUMBAR STABILIZATION EXERCISES

GLUTEAL STRENGTHENING

Lie on your stomach. Squeeze your buttocks together and hold.

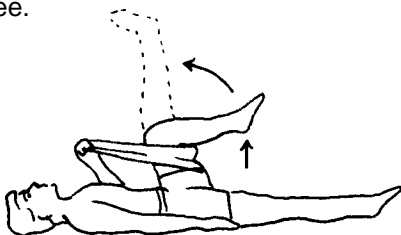
ABDOMINAL STRENGTHENING

Lie on your back with your knees bent and feet flat on the floor. Clasp hands behind your head and **lift your head and shoulders** from the floor so that your **shoulder blades clear the floor**. Hold for as long as you can. The goal is 2 minutes.



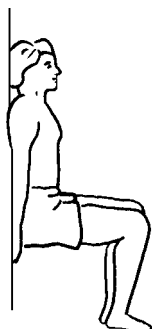
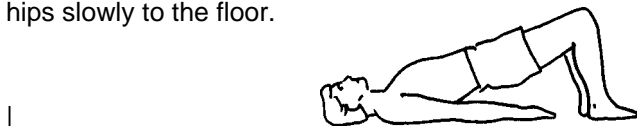
HAMSTRINGS

Lie on your back with one leg out straight. Loop a towel around the other thigh and pull it up toward your chest. Hold this position as you attempt to straighten your knee.



BRIDGING

Lie on your back with knees bent and feet flat on the floor. Tilt your pelvis and then lift both hips off the floor and hold. Be sure not to arch your back. Lower hips slowly to the floor.



QUADRICEPS STRENGTHENING

1. Stand with your back against a wall with your feet about 12 inches from the wall. Flatten your low back against the wall and slide your back down the wall bending your knees to a 90° angle. Hold this position for as long as possible (goal is 2 minutes). Slide back up the wall at the completion of the exercise.