

Lumbar Strengthening

OBJECTIVE:

This movement aims to strengthen the buttocks and abdominals, promoting stability in the trunk and lower back. It also enhances power for activities like ascending hills and stairs.

POSITION

Begin by lying flat on the floor with knees bent, ensuring palms and feet are flat for stability.

PROCEDURE

: Lift your buttocks slowly by engaging your abdominal and buttock muscles. Ascend until your body forms a straight line from shoulders to knees, avoiding overextension beyond this line. Hold for a 3-count, then lower gradually. Maintain a neutral head position without shifting or tucking in your chin to preserve proper blood circulation. Complete 2 sets of 10 repetitions, resting for 30 seconds between sets.

28 SEC



BRIDGE STRENGTHENING

1:48



TRUNK EXTENSIONS

OBJECTIVE:

This exercise targets the often-neglected muscles that flank the spine, along with the buttocks and the back of the thighs, aiming to strengthen them. Developing these muscles near the spinal column is crucial for maintaining a robust and healthy back.

POSITION

Begin by lying flat on your stomach with arms extended forward. For added comfort, a small towel can support the forehead, but ensure the neck isn't strained.

PROCEDURE

Tighten your buttocks and elevate one arm and the opposite leg a few inches off the floor for 5 seconds, ensuring your neck remains still throughout. Avoid lifting your hips as you raise your legs. Alternate sides with each repetition, maintaining slow and controlled movements. Complete 2 sets consisting of 10 repetitions each.

OBJECTIVE:

This exercise aims to strengthen the back, buttocks, and back of the thighs while enhancing balance, enabling fluid movement of the arms and legs while maintaining a stable back position.

POSITION

Begin on your hands and knees with a straight back. Maintain stability by positioning your hands shoulder-width apart and your knees separated hip-width apart.

PROCEDURE

Lift one arm straight out in front of you with your head facing down, focusing on a fixed point. Keep your back flat as you simultaneously lift and straighten the opposite leg behind you. Hold this position for 5 seconds, engaging both the arm and leg. Complete 2 sets consisting of 10 repetitions each.

5:15



QUADRUPED EXTENSIONS

8:44



BACK EXTENSION

OBJECTIVE:

This exercise targets the muscles along the entire spine length to strengthen them. By developing strong and toned back muscles, the spine gains improved support, protection, and alignment.

POSITION

Lie face down on your stomach, placing a folded towel under your forehead for comfort. Connect your hands behind your back.

PROCEDURE

Slowly raise your torso upward and gradually lower it for a count of 3. Maintain a level chin during the upward motion, allowing it to tuck into your chest when executed correctly and gently. Avoid arching your neck backward. Complete 2 sets consisting of 10 repetitions each.

PLEASE WATCH OUR STRETCHING VIDEO ON OUR WWW.ASPENRIDGECHIROPRACTIC.COM WEBSITE FOR FURTHER INFORMATION.

