



# New West Sports Medicine - Physiotherapy

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## Core Stabilization Progressions

	Supine - "Dead Bug"	Bridge	Prone	4-Point Kneeling	Ball Exercises
1	<b>Core "Squeeze"</b> 10 sec. x 10  Tense abdominals from pelvic floor (no motion)	<b>Bridge (Bum Lift)</b> 10 sec. x 10  Knees, hips & shoulders in line, back flat, core tight	a) Alt. Arms b) Alt. Legs 10 each x 5  Hips flat, core tight, no back rotation	<b>/Core Squeeze</b> 10 sec. x 10  Pelvis neutral, maintain flat back position	<b>Single Leg Lift on Ball</b> 30 sec. x 3  Tense abdominals from pelvic floor (no motion)
2	<b>Alt. Leg Marching</b> 30 sec. x 3  Lift feet about 2 inches off the floor (no trunk motion)	<b>Bridge Alt. Arms</b> 15 sec. x 5  Straight arms alternating over head	<b>Opposite Arms &amp; Legs</b> 10 each x 5  Lift opposite arm and leg keeping back flat, alt. sides	a) Alt. Arms b) Alt. Legs 10 each x 5  Lift alt. arms keeping back flat, then alt. legs	<b>Leg Lifts Arms Free</b> 30 sec. x 3  Hold arms forward, out to side, over head
3	<b>Alt. Leg Extension</b> 5 (in 30") x 3  From crook lying extend leg out parallel to floor	<b>Alt. Leg Marching</b> 15 sec. x 5  Hands to side, lift feet 4 inches off the floor	<b>Plank on Elbows</b> 10 sec. x 10  Core tight, back flat, legs straight	<b>Opposite Arms &amp; Legs</b> 10 each x 5  Lift right arm and left leg, then opposite sides	<b>Leg Press on Ball</b> 10 reps x 5  Ball between shoulders, straighten legs part way
4	<b>Alt. Leg "Chops"</b> 5 (in 30") x 3  Lift leg straight up, lower stiff leg, bend knee, rest	<b>Bridge on Ball</b> 10 sec. x 10  Hands to side, lift bum off floor, keep back flat	<b>Plank with Alt. Legs</b> 5 (in 30") x 3  Lift legs slowly, core tight, no shifting trunk	<b>Opp. Limbs with Weight</b> 15 each x 5  As above, with 1 - 3 lbs. arm & leg weights	<b>Curls on Ball</b> 15 reps x 5  Ball in small of back, arms crossed, partial curl only
5	<b>"Running" Legs Free</b> 30 sec. x 3  Alternate leg extensions keep feet off floor	<b>Marching on Ball</b> 5 (in 30") x 3  Arms out for balance, lift alt. feet off of ball	<b>Prayer on Ball</b> 10 reps x 5  Keep back flat, roll out on forearms, core tight	<b>Alt. Arms, on Ball</b> 10 each x 3  Thighs on ball with legs apart, lift arms	<b>Kneel on Ball</b> 30 sec. x 3  Table or counter in front for support, knees wide