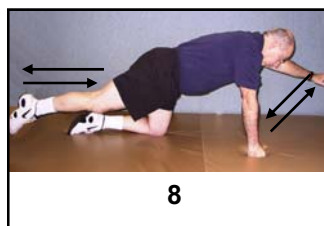
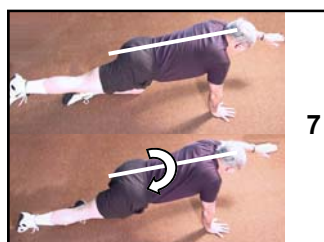


### Quadruped Track: Gluteals, Multifidus, Extensors, Transverse

#### Abdominals, Scapular Stabilizers

1. Warm up with “cat dog” spine movements (AKA “cat camel”) (6-10 reps)
2. Neutral pelvis with abdominal bracing/hollowing.
3. Alternate raising one arm forward then the other.
4. Alternate sliding one leg back, then the other.
5. Raise one leg up and backward (without arching the back) then the other.
6. Raise opposite arm and leg (AKA, “bird dog”) (5 second hold, progress to 10 second hold, 5-10 reps).
7. With one arm and opposite leg raised, perform trunk rotation.
8. Do rapid “sweeps” with opposite arm and leg.
9. Trace out squares (see 9A) or circles (see 9B) with raised arm or leg (optional).
10. Support arm on balance board, perform trunk rotation.
11. Raise opposite arm and leg with resistance: tubing, wrist (3 pounds) and ankle (3-5 pounds) weights, slight manual resistance provided by the doctor.



#### Make sure patients. . .

- Palms and knees should form a square.
- Hip should be at 90 degrees.
- Maintain neutral pelvis.
- Maintain abdominal bracing/hollowing.
- Breathe properly.
- Focus on the muscle you are exercising.
- Relax everything else.
- Avoid arching the back when lifting arms or legs.
- Keep shoulders and hips square to the floor—don't rotate pelvis (unless it is part of exercise).
- Do the exercise *slowly*.

#### Prescription

\_\_\_\_\_ repetitions (8-30)  
 \_\_\_\_\_ sets (1-3)  
 \_\_\_\_\_ seconds held (1-10)  
 \_\_\_\_\_ times per day/week  
 (1-3/dy; 3-7/wk)

**STOP if patient shakes, loses form or back pain is aggravated (a muscle burn is okay).**

