



Shevin Pollydore MD



#### MEDICINE BALL BRIDGE

While lying on your back, raise your buttocks off the floor/bed while holding a medicine ball between your knees as shown.

Repeat 25 Times

Hold 2 Seconds

Complete 1 Set

Perform 1 Times a Day



#### PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time. Perform on both sides

Repeat 25 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



#### Pelvic Tilt with Marching

In pelvic tilt position, march one leg at a time up to six inches off mat. Maintain pelvic tilt position. Alternate

Repeat 50 Times

Complete 2 Sets

Perform 1 Times a Day



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### PPT with SLR

Tighten Abdominal muscles and then raise locked leg 6-12 inches from the mat. Keep back flat. Repeat with other leg.

Repeat 25 Times  
Complete 1 Set

Hold 1 Second



### Ab Brace with bilateral hip flexion isometric

While laying on your back, perform an abdominal brace and maintain your back flat against the bed, and use your hands to resist bringing your knees towards your chest. Do not hold your breath.

Repeat 10 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day



### Dead Bug Matrix

Begin in the Dead Bug position, lying on your back with your legs up at 90 degrees and your arms reaching towards the ceiling. Breathe into your belly, expanding your belly outward with your breath to create intra abdominal pressure in order to brace your spine. Keep your spine, pelvis, and ribcage braced in this neutral position for the duration of the exercise.

Tap your right heel and left hand to the ground, then tap your left heel and right hand to the ground. Repeat for your assigned number of reps.

Tap your right heel and right hand to the ground, then tap your left heel and left hand to the ground. Repeat as assigned.

Repeat 15 Times  
Complete 2 Sets

Hold 2 Seconds



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#### Clams

##### Instructions:

Keep pelvis stable. brace abdominals. Each side, use T band

Repeat 20 Times

Hold 2 Seconds

Perform 1 Times a Day



#### EXERCISE BALL - FLOOR BRIDGE

While lying on the floor, place an exercise ball under your lower legs and then raise up your buttocks.

Repeat 20 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



#### PLANK LATERAL WITH HIP ABDUCTION

While lying on your side, lift your body up on your elbow and feet. Next, slowly raise up the top most leg upwards, then return. Try and maintain a straight spine the entire time. Each side

Repeat 1 Time

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



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#### QUADRUPED ALTERNATE ARM AND LEG WITH KNEE ELBOW TOUCHES "BIRD DOG ELBOW TOUCHES"

While in a crawling position, slowly lift your leg and opposite arm upwards. When returning your arm and leg down, do not touch the floor but instead touch your elbow to your opposite knee and lift and straighten them again. Then set them down on the floor. Next, perform on the other side and repeat.

Repeat 15 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



#### EXERCISE BALL - FLOOR BRIDGE ALTERNATE LEG LIFT

While lying on the floor, place an exercise ball under your lower legs and then raise up your buttocks.

While holding this position raise a leg up off the ball towards the ceiling then lower back to the ball. Alternate this to the other leg and repeat.

Repeat 20 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



#### PLANK ALTERNATE ARM AND LEG

While lying face down, lift your body up on your elbows and toes. Next, lift up one arm and opposite leg. Return to original position and then perform with the other arm and leg.

Try and maintain a straight spine.

Repeat 10 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



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#### FULL PLANK WITH ROTATION

Hold a plank position in full elbow extension position with your legs spread apart as shown.

Next, lift one arm up and behind you as you rotate your trunk and head in the same direction. Return and repeat on the other side.

Repeat 10 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day