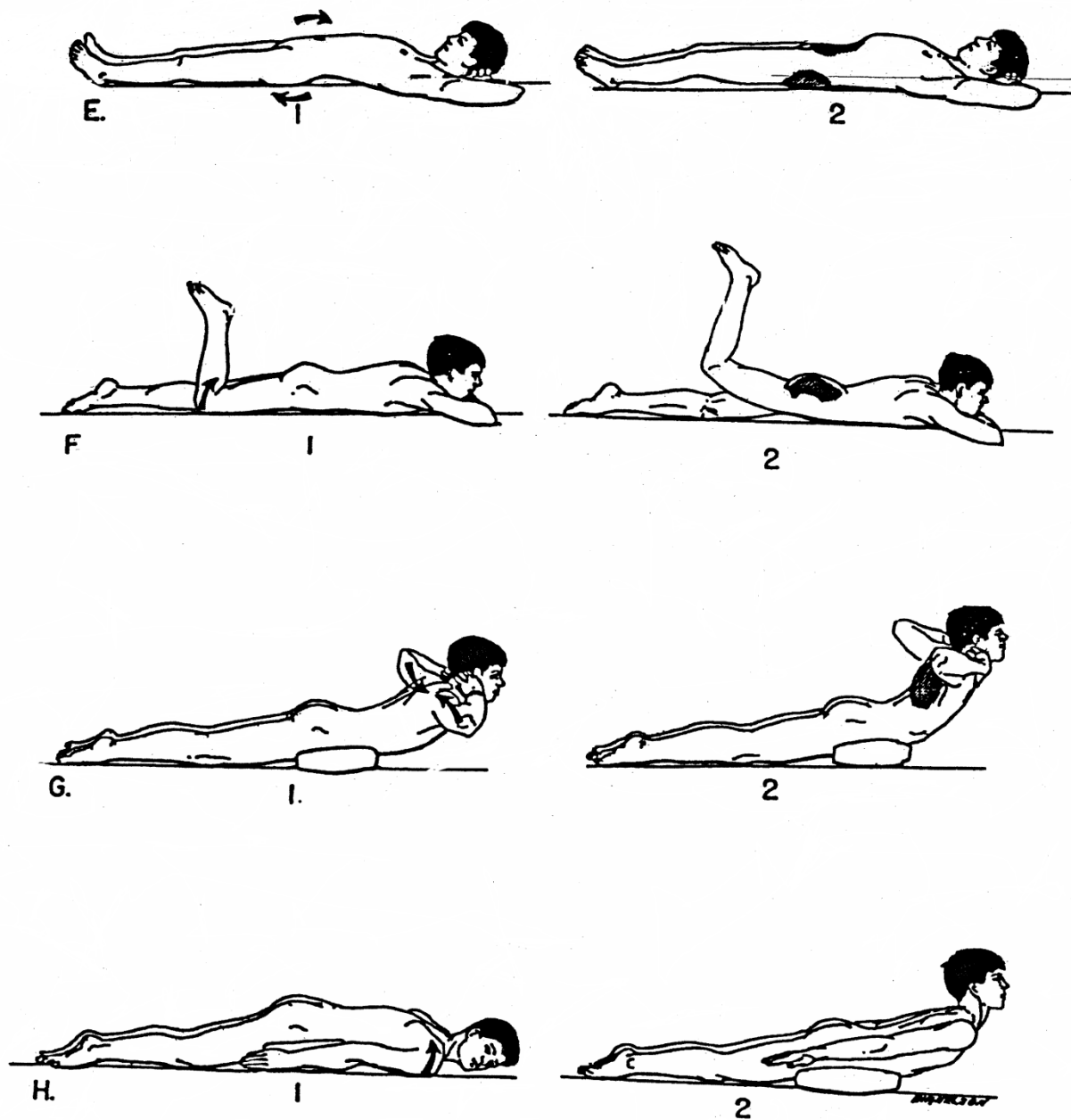


# The Spine

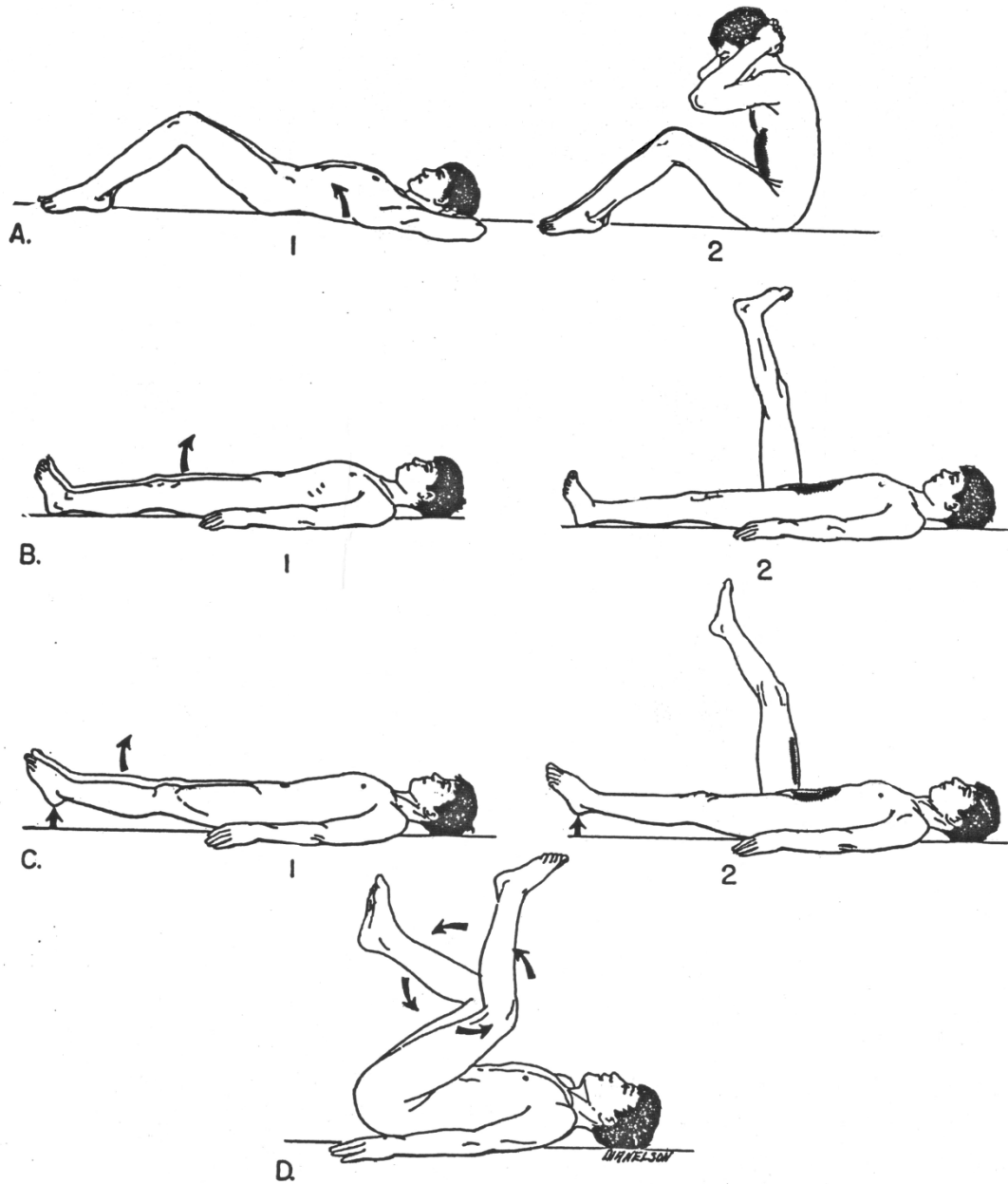


**Pelvic tilt.** *E-1* Lying supine on the floor, pinch buttocks together and, without taking a deep breath, pull in abdominal muscles to flatten the lumbar spine. *E-2* Graduate this exercise by performing the pelvic tilt exercise in stance while standing against the wall, and then in gait while walking away from the wall.

**Gluteus maximus exercises.** *F-1* Lie prone with knee flexed at right angle (to eliminate action of hamstrings) and arms under chin. *F-2* Raise right thigh off floor as high as possible while keeping the knee flexed, count to 5, then lower it. Repeat the same with opposite side. Graduate this exercise to lifting both thighs off the floor at the same time.

**Scapular adduction. G-1** Lying prone with one or two pillows under abdomen with shoulder abducted and hands clasped behind the neck, raise the head, neck, and upper trunk off the floor. **G-2** Bring the shoulder blades together, count to 5, then return to starting position. The same exercise could be permitted sitting on a chair with lower spine acutely flexed.

**Thoracic hyperextension. H-1** Lie prone with the arms along the sides and the palms of the hands pressing against the thighs. **H-2** Slowly raise the head, neck, and shoulders off the floor as high as possible, count to 5, then gradually return to starting position.



**Abdominal exercises.** **A. Sit-ups.** 1. Lie supine, hips and knees flexed 30 degrees and, in neutral rotation, hands clasped behind head, keeping the feet on the floor (support may be used if necessary) and the back straight. 2. Move to sitting position to the count of 5, then lower body to starting position. **B. Leg raising.** 1. Lie supine, legs together, knees and hips in extension, arms at the sides and lumbar spine flat. 2. Raise right leg until it is at right angle to the trunk, or as close to this position as possible, then slowly lower it. Repeat the same with left leg. Continue the exercise by alternating legs. **C. Flutter-kick.** 1. Same position as in B, but keep the feet off the floor to a height of 2 or 3 inches. 2. Slowly raise right leg until it is perpendicular to the trunk, or as close to this position as possible, then slowly lower the leg to the starting position. Repeat the same with left lower extremity. Always keep feet and legs off the floor.