INSTITUTE OF ADVANCED ORTHOPEDICS

MALANKARA ORTHODOX SYRIAN CHURCH

Medical College Hospital, Kolenchery, Ernakulam

Dr Sujit Jos MBBS, MS(Ortho),MCh(Ortho), MRCS Ed.- PROF & HOD
Dr Nawfal Nazar K MS(Ortho) – Sr. Resident
Dr Anil Samuel D(Ortho), DNB - Sr. Resident
Dr Bibin K Baby MS(Ortho) – Asst. Prof
Dr Rajit John Cherian MS(Ortho) – Sr. Resident

Spinal Stabilization Exercises Level I

Lie on your back

1. Straight Leg Raises - Lift one leg straight up about 40°, keeping the other leg bend at 90 degrees. Hold for 5 to 10 seconds. Repeat 10 - 20 times.	
2. Partial sit-ups - Bend knees about 60°and lift shoulder and body while keeping the arms stretched in front to touch the knee and hold 5 to 10 seconds Repeat 10 – 20 times.	
3. Two leg Bridging – Bend knees about 60° and lift your back straight and hold 5 to 10 seconds. Repeat 10 – 20 times.	
4. Static abdominal contraction - Lie on your back with knees bent and hands resting on abdomen. Tighten abdominal muscles toward back. Be sure not to hold breath. Hold 5 to 10 seconds. Relax. Repeat 10 - 20 times.	
5. Single Knee to Chest Stretch - Lie on your back Hold thigh behind knee and bring one knee up to chest. Hold 5 to 10 seconds. Relax. Repeat 10 times on each side.	

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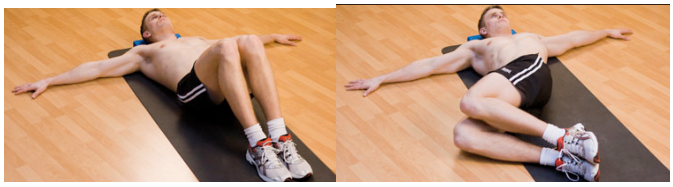
6. Pelvic rolling – Lie on back bend your knee about 60º and turn knee to right and left side. Repeat 20 times.	
7. Supported dead bug exercise - Lie on your back with a neutral spine and your hips and knees at right angles. With your palms press onto your thighs just above your knees. Hold 5 to 10 seconds. Relax. Repeat 10 times on each side.	

Lie on your abdomen

8. **Prone straight leg raising** - Lift one leg straight up about 10º and hold 5 to 10 seconds. Repeat 10 – 20 times on each side	
9. Push up to elbow – Lift your head and chest up to elbow and hold 5 to 10 seconds. Repeat 10 – 20 times.	
10. Quadruped cat and camel – standing on both knee and hand and raise and lower your back.	Cat Camel

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