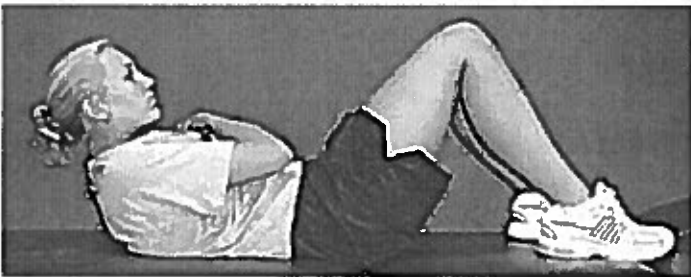


## Lumbar Stabilization

1) Take a breath in and after you exhale pull your belly button and back towards your spine.



1a) Contract your abdominal muscles by drawing the belly button inwards (towards the spine), then raise your head and shoulders upwards until your shoulder blades clear the table.



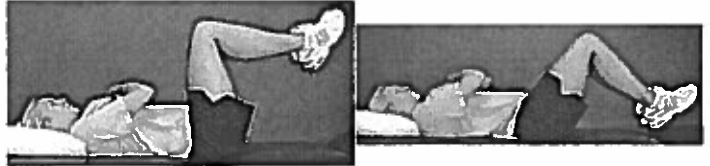
2) Contract your abdominal muscles by belly button inward (towards your spine) and slowly lower your upper body until you lightly feel the wedge against your back.



3) Contract your abdominal muscles by belly button inward (towards your spine) then slowly raise your left arm and right leg until they were horizontal with your trunk. They maintained a straight line with the trunk.



4) By drawing the belly button inwards (towards the spine) and slowly lower your feet until they lightly touch the table. Keep low back flat against table.



5) By drawing the belly button inwards (towards the spine), firmly press into the table with the supporting arm, then raise your trunk and pelvis upwards until they form a straight line with your lower extremities.

