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1: Alternating Arm/Leg Lift in Prone

- Lie on stomach with pillow under hips
- Straighten both arms overhead
- Slowly lift arm and opposite leg
- Return to starting position
- Repeat with opposite side

Sets: 2 Reps: 10 Sessions: 2 Everyday **Hold Time: 5s**



2: Pelvic Bridging

- Lie on your back with knees bent to 90 degrees
- Squeeze your buttocks muscles lightly, then lift hips off floor about 5 inches
- Do not tilt pelvis forward or backwards throughout exercise
- Repeat as instructed

Sets: 2 Reps: 10 Sessions: 2 Everyday **Hold Time: 5s**



3: Abdominal Draw In -- Straight Leg Raise

- Lie on back with head supported and one leg straight
- Draw belly button toward spine, tightening stomach muscles
- Slowly raise straight leg up toward ceiling about 6 inches
- Do not arch back
- Repeat as instructed

Sets: 2 Reps: 10 Sessions: 2 Everyday **Hold Time: 5s**



4: Abdominal Draw In -- Bent Knee Raise

- Lie on back with head supported and knees bent
- Draw belly button toward spine, tightening stomach muscles
- Lift one foot off surface 6 inches, then alternate to other side
- Do not arch back during motion
- Repeat as instructed

Sets: 2 Reps: 10 Sessions: 2 Everyday **Hold Time: 5s**



5: Bridging with Leg Extension

- Lie on back with head supported and knees bent
- Draw belly button toward spine, tightening stomach muscles
- Raise hips off of surface
- Extend one knee while keeping hips raised and pelvis level

Sets: 2 Reps: 10 Sessions: 2 Everyday **Hold Time: 5s**