

Self Care Exercises

Intermediate Core Stability



DISCOVER
HEALTH
chiropractic
PLLC

Discover Balance & Restore Your Health
Dr. Reanna Plancich

Modified Plank / Plank

INSTRUCTION: Duration 1 minute

Please start with the modified plank, and move on to the plank when you no longer feel challenged.

Modified Plank:

Lying on your stomach, position your elbows so they are directly under your shoulders. Keeping your knees to the floor, raise your upper body and thighs off the floor.



Plank:

Position yourself as above. Push your toes into the floor as you raise your upper body and lower body off the floor.



***NOTES**

Make sure that your buttocks are not up in the air. Focus on keeping your spine straight, and allowing your hips to slightly sink to the floor. Keep your head in a neutral position, and visualize that your back is flat. Once you're in position, hold for as long as you can, or 60 seconds.

Bird Dog / Superman

INSTRUCTION: Duration 1 minute

Get on the ground on your hands and knees. Hands should be shoulder width apart, and knees should be hip width apart. Focus on tightening your abdominal muscles, and keeping your back flat. Holding your abdominal muscles tight, slowly extend one leg out. The rest of your body should feel firm, and stay in place. If you notice shifting or wobbling in your position, then return your leg to starting position. Start again, focus on tight abdominals, and slowly extend your leg out. Repeat the same procedure for the other side.



When your leg is extended, and your position is stable, hold your leg out for as long as you can, or 60 seconds.

Modification—as conditioning improves, begin alternating sides every 5-10 seconds (remember pelvis should not shift or wobble as legs move)/