

# Self Care Exercises

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## Introduction to Core Stability



DISCOVER  
HEALTH  
**chiropractic**  
PLLC

Discover Balance & Restore Your Health  
Dr. Reanna Plancich

# Butterfly

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**INSTRUCTION:** Duration 30 seconds

Lay on your back with both knees bent and feet together and flat on the ground. Tighten your stomach muscles slightly to engage your core and slowly lower both knees to the side keeping your feet together and your core lightly engaged. Your legs should be completely relaxed allowing gravity to pull your knees toward the floor. You will feel a stretch through your groin.



Hold this position for 30 seconds.

# Single Leg Butterfly

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**INSTRUCTION:** Duration 1 minute

Lay on your back with both knees bent and feet together and flat on the ground. Tighten your stomach muscles slightly to engage your core and slowly lower your left knee to the side, keeping your feet together and your core lightly engaged. Your left leg should be completely relaxed, allowing gravity to pull your knee toward the floor. You will feel a stretch through your left groin.



Hold this position for 30 seconds. Repeat with the right leg.

# Marching Abdominals

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**INSTRUCTION:** Duration 1 minute

Lay on your back with both knees bent and feet flat on the ground, shoulder width apart. Tighten your stomach muscles slightly to engage your core and slowly lift your left foot off the ground 3-4 inches. If your core muscles are engaged correctly, you should not feel any movement of your body (only your hip and leg). Slowly lower your foot back to the ground and repeat with the right leg.



Continue alternating legs for 1 minute.

# Transverse Abdominal

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**INSTRUCTION:** Duration 1 minute

Begin by being on all fours with your knees directly below your hips, and your hands directly below your shoulders. If this position bothers your wrists, try making a fist supporting yourself on your knuckles. Gently inhale and on the exhale contract your abdominal muscles pulling your belly button towards your spine. Hold for 5 seconds, then release allowing your belly to sag and inhale.



Repeat 10 times.

\*NOTE

This can also be done in your car while sitting at a red light.