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## Core Program

This program is designed for people who have had lower back pain or discomfort at any point of their lives. These exercises will improve flexibility of key muscle groups and improve stability of the lumbo pelvic hip complex.

### Flexibility

Foam rolling is a great way to decrease pain and improve flexibility. The following pictures illustrate the proper technique for using the foam roller. For each muscle group find the most painful spot in that muscle and hold for 30 seconds. Repeat 3x.

#### Piriformis



#### TFL (Hip Flexor)



Below are a group of stretches that address the muscles that can contribute to lower back pain. Remember, during these stretches no pain in the lower back should be felt. You should move into a position where there is a mild pulling in the muscle to be stretched and hold this position for 20-30 seconds. Repeat 3x.

#### Hip Flexor (Kneeling)



Kneeling on the ground (pad). Tighten your buttocks and lunge forward until a stretch is felt in front of the hip.

#### Hamstring



Lying on back with feet flat on table. Straighten one knee and with both hands behind your knee pull your leg towards your chest. Keep a slight bend in the knee at all times. Stretch should be felt in the back of the thigh.

#### Hip Rotator (Piriformis)



Lying on back. Bring one knee towards your chest then, pull your foot towards your opposite shoulder. Stretch should be felt in buttock.

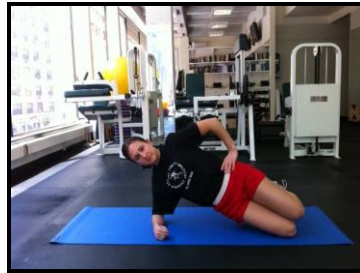
## Basic Core Strengthening

### Modified Plank



Support your body weight with your elbows and knees while lying face down on a mat. Maintain this position for 30 seconds. Repeat 3x. Do not allow your body to move during this exercise.

### Modified Side Plank



Support your body weight with one elbow and knee while in side lying. Maintain this position for 30 seconds. Do not allow your body to move during this exercise.

### Quadruped with arms



Start on your hands and knees as in picture. Without moving your lower back lift one arm off the floor. Repeat with the opposite arm. Repeat 10x on each side.

### Dying Bug



While lying on your back, start with one hand touching your opposite knee. Slowly switch to the opposite hand and knee while contracting abdominal muscles. Repeat 15x.

## Advanced Core Strengthening

### Plank:



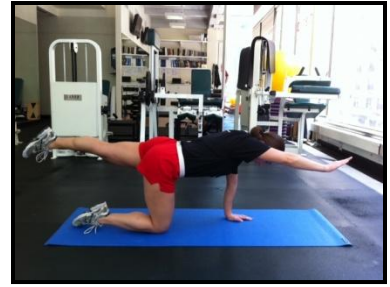
Support your body weight with your elbows and toes while lying face down on a mat. Maintain this position for 30 seconds. Repeat 3x. Do not allow your body to move during this exercise.

### Side Plank



Support your body weight with one elbow and foot while in side lying. Maintain this position for 30 seconds. Do not allow your body to move during this exercise.

### Quadruped Opposite arm/ leg



Start on your hands and knees as in picture. Without moving your lower back lift one arm and the opposite leg off the floor. Repeat on the opposite side. Repeat 10x on each side.

### Lunge to Balance



Starting in a lunge position as shown in the picture move into a position of balancing on one leg. Hold 5 seconds. Repeat 10x each leg. Maintain proper alignment of the trunk throughout the entire exercise by contracting your abdominal muscles.