



# ORTHOPEDIC ASSOCIATES of HARTFORD

*50 Years of Excellence*

## CORE STRENGTHENING

### Home Exercises

#### ABDOMINAL BRACING

While lying on your back, tighten your stomach muscles as you draw your navel down towards the floor.

**Repeat 10 Times**    **Hold 10 Seconds**

**Complete 1 Set**    **Perform 2 Times a Day**



#### CRUNCHES

While lying on your back with both knees bent on a padded surface, place both hands behind your head. Use your hands only to comfortably support the weight of your head and do not pull on the back of your head. Contract your abdominal forward and try to clear your shoulder blades off the ground if possible. Then slowly lower your trunk back down and repeat muscles and curl your trunk forward while exhaling. Curl your trunk.

**Repeat 10 Times**    **Hold 2 Seconds**

**Complete 2 Sets**    **Perform 2 Times a Day**



#### OBLIQUE CRUNCHES

Lie on your back with your knees bent. Fold arms across your chest as you tighten your abdominal muscles so that you maintain a neutral pelvis for the duration of the exercise. Once abdominal muscles are engaged lift upper back off of the table as you rotate your right elbow towards your left knee. Then slowly return to your back before rotating your left elbow towards your right knee.

**Repeat 10 Times**    **Hold 2 Seconds**

**Complete 2 Sets**    **Perform 2 Times a Day**



## ISOMETRIC OBLIQUE STABILIZATION

From a supine position with both knees bent, bring one knee up to 90 degrees. Resist the lifted knee with the opposite arm to contract the obliques while keeping the head and shoulders on the mat. There should be no movement of the knee during the oblique contraction.



**Repeat 10 Times    Hold 10 Seconds**  
**Complete 1 Set    Perform 2 Times a Day**

## SINGLE KNEE TO CHEST ISOMETRIC ABDOMINAL EXERCISE

Lie in the position shown with one hip PAST 90 DEGREES of flexion (up toward your nose). Please position your knee so that it is in line with your belly button/midline, with your foot and knee in the same line.

Place the same side hand or both hands on the front of the knee as shown.

Start to press into your knee with your palm(s) slowly as you equally press your knee into your hands.

Make sure your pressure is in an upward “scooping” direction, not just pushing straight down. This traction force will engage your abdominals.

Your hands do not move, and your hip/knee does not move, this is an isometric exercise.

Hold here about 30 seconds.

FOR ADDED CHALLENGE IN THE ABOVE POSITION:

Tuck your chin, and while continuing tucking your chin, start to flex your upper body up toward your knee and hold here.

You may notice shaking in your abdominals - try to find the amount of flexion (bending of the spine) that creates some shaking, and try to hold through it!

No pain with this exercise.



**Duration 10 Seconds**  
**Complete 10 Sets    Perform 2 Times a Day**

## QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Lower leg and arm down and then repeat with opposite side.

Maintain a level and stable pelvis and spine the entire time.

*Repeat 10 Times    Hold 10 Seconds*

*Complete 1 Set    Perform 2 Times a Day*



## PLANK FROM KNEES

Lay on your stomach and prop yourself on your elbows directly below the shoulders. Engage your core muscles then lift your hips just off the table keeping your body in a straight line as shown. Imagine pulling your elbows down towards your hips as you hold the position to engage the lat muscles. Hold as long as able with the goal of holding for 1 minute. Follow guidelines below for hold times as you progress:

10 sec hold-6 reps

15 sec hold-4 reps

20 sec hold-3 reps

30 sec hold-2 reps

*Duration 20 Seconds*

*Complete 3 Sets    Perform 2 Times a Day*



## LATERAL PLANK MODIFIED

While lying on your side with your knees bent, lift your body up on your elbow and knees. Try and maintain a straight spine.

Repeat on the other side.

*Repeat 5 Times    Hold 10 Seconds*

*Complete 1 Set    Perform 2 Times a Day*



## DEAD BUG

While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position. Do not allow your spine to move.

Hold pelvic neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.

Return to starting position and then repeat on the opposite side.

**Repeat 10 Times**    **Hold 2 Seconds**

**Complete 2 Sets**    **Perform 2 Times a Day**



## MED BALL CHOPS

Kneel with tall posture. Activate the glutes and core to maintain stability and control. Move the ball quickly in a diagonal pattern as shown. Do not allow the knee to turn inward or outward.

Repeat on other knee and side.

**Repeat 10 Times**

**Complete 2 Sets**    **Perform 2 Times a Day**

