



Centers for
Orthopaedics
Experience in Motion

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SPINE STABILIZATION EXERCISES



Spine Neutral

Maintain a slight curve in the back, but do not overarch the back. Position should be pain free. Tighten abs and hold for _____ seconds. Then relax abs without braking position.

_____ **Reps** _____ **Sets**



90/90 Hold

Holding neutral spine, lift right leg then left and hold legs in the air with hips and knees bent to 90 degrees.

_____ **Hold** _____ **Sets**



Bicycle

Begin with 90/90 hold position Then cycle your legs beginning with small arcs and progressing to larger arcs. Cycle legs _____ times.

_____ **Sets**