



4.03.38 STRENGTHEN: ABDOMINAL, PLANK AND VARIATIONS (CONTINUED)

Hands: Patient lies face down with legs extended and hands palm down directly under shoulders. Feet should be hip-width apart and elbows should be shoulder-width apart. Patient engages core muscles to maintain a neutral spine while tucking toes and lifting body. Patient should be in a straight line from head to heels. Hold and breathe for up to 1 minute (E1). Modification for wrist issues is to bear weight through fist or use push-up blocks (E2 and E3).

Forearms to hands: Follow instructions for *Hands*, then lower to the right forearm followed by the left forearm so patient is in position described in *Forearm*. Follow with pressing up to right hand and then left returning to start position (F).

Alternating leg lift: Follow instructions in *Hands*, then lift one leg and return. Repeat on other side. Do not allow lower back to extend or body to roll side-to-side (G).

Rocking: Follow instructions in *Forearm* or *Hands*. This can be done in either position. Patient shifts weight forward onto arms, holds, and returns to start (H1). Patient then shifts weight backward onto feet, holds, and returns to start (H2).

Cheek dips: Follow instructions in *Forearm* or *Hands*. This can be done in either position. Patient dips right hip toward floor while maintaining straight spine; do not allow dipping, side-lower back to sag. Return to start and repeat to other side. This is more of a rotational movement as shoulder horizontally adducts and rotation occurs in hips and pelvis (I).

Tap outs: Follow instructions in *Forearm* or *Hands*. This can be done in either position. Lift one leg slightly off floor and abduct hip to tap the floor. Do not allow dipping, side lower back to sag. Return to start and repeat to other side (J). (continued)