



**PRIME CARE**  
CHIROPRACTIC CENTERS

## Home Rehabilitation Routine

### *“The Basics: Core”*

*3 simple, quick, equipment free exercises that EVERYONE can benefit from!*

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[www.Primecarechiro.com](http://www.Primecarechiro.com)

- 1) **Quadruped/Bird-Dog**- Great for core mobility and strength. Not only does this help on a physiological basis, this exercise assists in developing the crucial cerebellar cross patterns (ie- ipsilateral/contralateral hand eye coordination) to improve balance, coordination and strength.

Begin by getting on all four's. Next, extend your left arm forward and your right leg back simultaneously. The goal of this exercise is to create a flat line along the arm to the back and down the leg. Once extended, bring the arm and leg back towards the body and re-stabilize. Perform 20-30 reps on one side and then switch arms and legs and perform another 20-30 legs.

Tips: Pay attention to which side feels “weaker” or less balanced.

Goals: It is easy to lift the arm to full extension; if you think your leg is up high enough, lift it higher and into more extension because chances are you can take the leg into more extension!



- 2) **Hip Bridges**- Great for core mobility and strength. Hip bridges work on the hip flexors muscles. Most people, especially athletes and active people, tend to have tightened hip flexor muscles due to the amount of time we spend sitting. Tightened hip flexors lead to imbalanced and tightened lower abdominals, gluteus muscles, and lower back muscles (“Lower-Cross Syndrome”).

Begin by laying flat on the floor with your feet flat on the ground and your arms by your side. Next, squeeze your glutes together and lift your hips off the floor so your quads, abs and chest make a straight line off the ground.

Tips: Pay attention to the point where you feel you can’t extend any further. Your goal each additional rep is to go to that “end-point” and push a little bit further.

Goals: Perform 20-30 reps with both feet flat on the ground. If you feel up for a challenge, raise one leg in the air or lay it across the other leg so that only one foot is on the ground and begin the exercise again.



- 3) **Clam Shells**- Great for the glutes and hip stabilizing muscles. Clam shells work the important Gluteus Medius and Piriformis muscle. These muscles fall into the category of hip stabilizers, aka the muscles that keep your hips and sacrum balanced when you walk or run.

Begin by laying on your side with your legs together and knees bent. You may rest your head on the arm that is in contact with the floor. Your main objective is to keep your spine as level and parallel with the floor as possible. While keeping your feet touching each other, raise your top knee up into the air.

Tips: When you begin this exercise without any bands or weights, you will most likely feel like you aren't doing much. After about 20 reps, you will start to notice the sides of your glutes will feel like they are burning or you are about to get a cramp.

Goals: Perform 20-30 reps on each side. If you feel up for a challenge, add a resistance band around the quads and begin the exercise again.

