The logo features a stylized blue mountain range with a jagged peak on the left and a long, horizontal ridge extending to the right. The text "Rocky Mountain Orthopaedics" is written in a black serif font, with "Rocky Mountain" on the top line and "Orthopaedics" on the bottom line, positioned to the right of the mountain graphic.

Rocky Mountain Orthopaedics

Physical Therapy

Core Strengthening for Low Back Pain

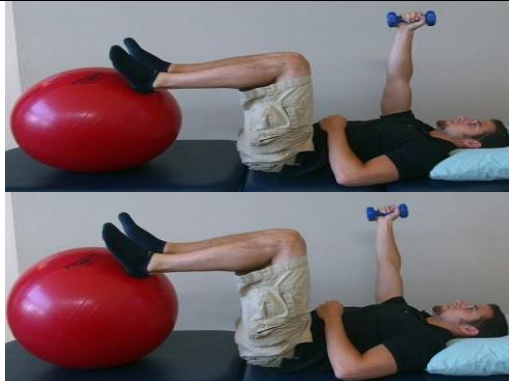
The following exercises are commonly used for core strengthening and spine rehabilitation. However, each person's condition is unique. We recommend that you consult with your physician or physical therapist before performing these exercises.

Abdominal Ball Roll

Breathe out and draw your abs in while pushing ball away. Breathe in while bringing knees towards chest. Repeat 10 to 30x

**Abdominal Side Arm**

Breathe out and draw your abs in while lowering your arm out to the side. Emphasize using your abdominal muscles to keep your trunk from twisting. Breathe in as you bring your arm back up to the top. Alternate arms. Use 0 to 5# dumbbell. Repeat 10 to 20x each side.

**Abdominal Arm & Leg**

Start in the position shown. Breathe out and draw your abs in while reaching your arms overhead and rolling the ball away from your body. Emphasize using your abdominal muscles to keep your back from arching. Breathe in as your hands and knees come together. Use 0 to 5# dumbbells. Repeat 10 to 20x.

**Ball Straight Leg Raise**

Take a breathe in while lifting your leg and gently stretching the back of you leg. Breathe out and draw your abs in to keep your back from arching while setting your leg softly back on the ball. Alternate legs. Repeat 10 to 20x each leg.

**Side to Side Ball Roll**

Keep your legs straight as you gently roll the ball right to left. Use your abdominal muscles to make this a smooth, controlled motion. Repeat 10 to 20x.



Butt Lift

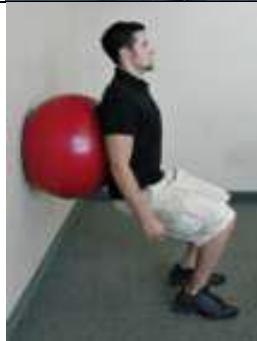
Breathe out and draw your abs in while lifting your butt off of the table. Breathe in as you set your butt down.
Repeat 10 to 20x.

**Abdominal Leg Reach**

Breathe out and draw your abs in while pushing your leg away. Emphasize using your abdominal muscles to keep your back from arching. Breathe in as your knee comes back towards your chest.
Repeat 10 to 20x each side.

**Ball Squat**

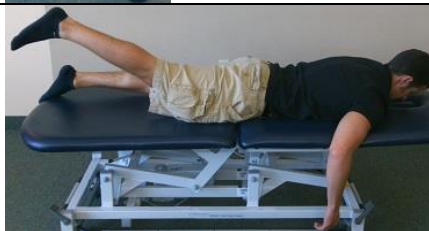
Lean against ball with ball positioned against your lower back / butt and feet shoulder width apart. Keep back straight and vertical while squatting to a depth that is comfortable for your knees.
Repeat 10 to 20x.

**Sideways Walking**

Keep your back straight and feet straight forward as you walk sideways to the right and then sideways to the left. Tighten your abs to avoid leaning.
Repeat 10 to 20x each side.

**Leg Lift**

Breathe out and draw your abs in while lifting one leg. Emphasize using your abdominal muscles to keep your back from arching. Alternate legs.
Repeat 10 to 20x.



Arm and Leg Lift

Breathe out and draw your abs in while lifting your arm and opposite leg. Emphasize using your abdominal muscles to keep your back from arching. Alternate arms and legs. Repeat 10 to 20x.



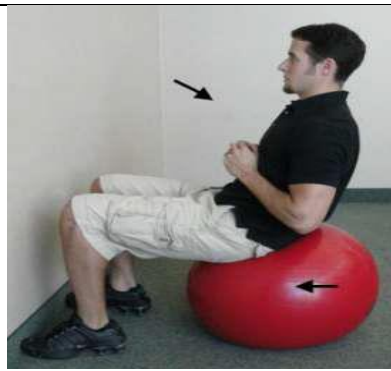
Superman

Start kneeling with your feet against the wall and ball tucked into your hips. Press forward with your legs and reach forward with your arms. Avoid over arching your back. Repeat 10 to 20x.



Ball Sit Back

Sit on the ball with your toes against the wall. Let the ball roll slightly forward as you lean back keeping your back straight. As you feel more confident try reaching your arm overhead as you lean back. Repeat 10 to 20x



Unsupported Leg Reach

Hold your right leg still while pushing away with your left leg. Breathe out and draw your abs in while pushing away, emphasize using your abdominal muscles to keep your back from arching. Repeat 10x on the left and then 10x on the right.



Butt Lift / Roll

Breathe out and draw your abs in while lifting your butt and rolling the ball toward your butt. Repeat 10 to 20x.

**Butt Lift / March**

Breathe out and draw your abs in while lifting your butt. While elevated, alternate lifting one leg off of the ball and then the other. Repeat 10 to 20x.

