

# DYNAMIC LUMBAR STABILIZATION PROGRAM

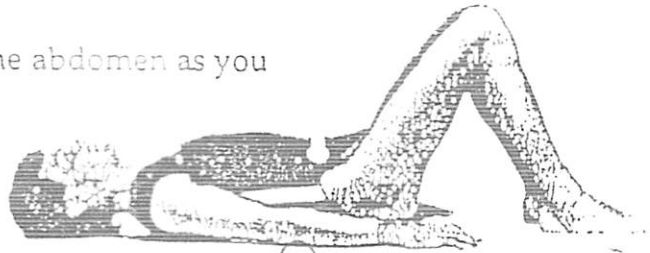
## ABDOMINAL BRACING WITH ARMS

1.4

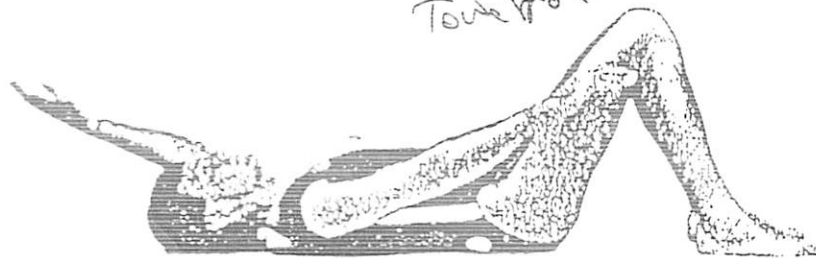
**PURPOSE:** To improve the ability to hold neutral spine against the resistance of the weight of your arms.

Contract your abdominal muscles and find your neutral position.

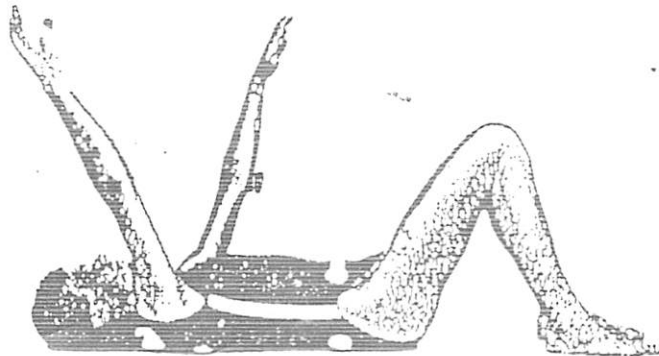
Keep contracting the abdomen as you begin to raise first one arm, then the other.



Touchroll



Remember to keep breathing and keep the movements even and steady, stabilizing your trunk with your abdominal muscles.



### TRAINING NOTES

- ① Hands back + forth
- ② Together + apart
- ③ Back + forth together



San Francisco Spine Institute  
at Serran Medical Center



DAUGHTERS OF CHARITY  
NATIONAL HEALTH SYSTEM



Professional Therapy Services

VICKI RALPH, PT  
Director

468 S. Seguin Ave., Ste. 100  
New Braunfels, TX 78130  
www.physicaltherapytx.com

Phone (830) 606-8839  
Fax (830) 606-0577

### CAUTION

This exercise will train you to stabilize your spine properly. It will enable you to be active without placing undue stresses on your spine. Stabilization requires strength, flexibility and coordination.

The exercise must be performed maintaining your spine's neutral position as identified by your trainer. This position is unique to your spine and posture.

This exercise sheet is not designed to replace a trainer's instruction. If you experience an increase and/or persistence in low back pain, leg pain or tingling while performing this exercise, stop. Consult with your physician or trainer.

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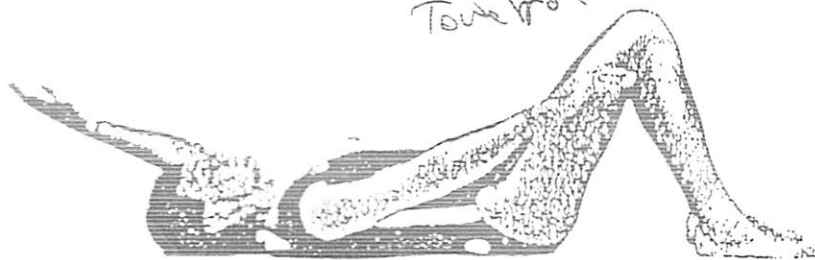
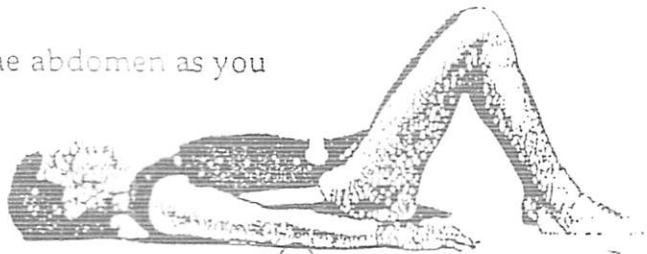
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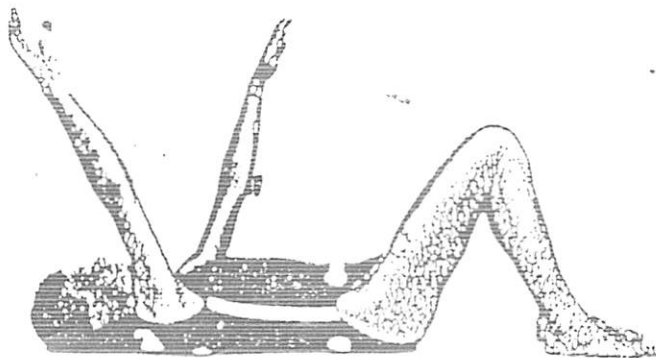
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