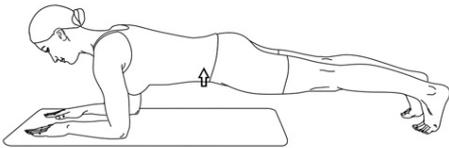
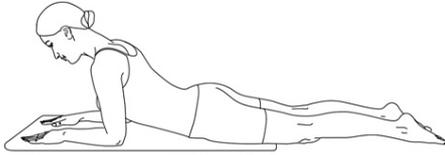




Exercise plan:  
**Spinal Tracks**

Patient:  
**Dr. David Prioux**

Date:  
**Feb 18th, 2021**



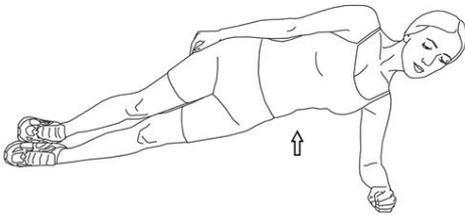
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### Full Plank On Elbows

Lie on your front resting on your elbows, with your elbows in line with your shoulders. Lengthen the back of your neck and glide your shoulder blades downwards. Lift your chest bone and waist away from the mat engaging your lower abdominal muscles, tucking your toes under. Inhale to prepare, and exhale to lift the front of your hips away from the floor to create a straight line from your head and neck to your pelvis. Push down into your feet to straighten your legs moving your body forwards. Tilt your pelvis back to avoid arching your lower back. Inhale to hold and exhale to lower to the start position.

**Hold for 15 seconds work up to a 1 minute | Perform 2 times daily**

Video: <http://youtu.be/Es0hAEvIU8>



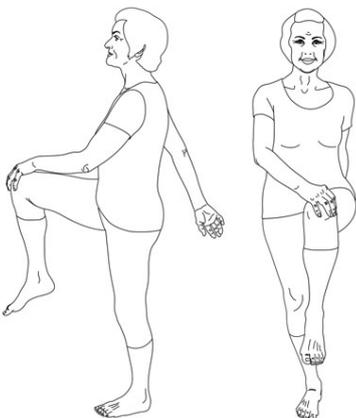
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### Side Plank

Lie on your side, and form a bridge between your feet and forearms (by lifting your pelvis from the floor). This exercise works the abdominal and Oblique muscles but is also useful to build spinal stability.

**Hold for 15 seconds work up to 1 minute | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/vQKLvMTYA9Q>



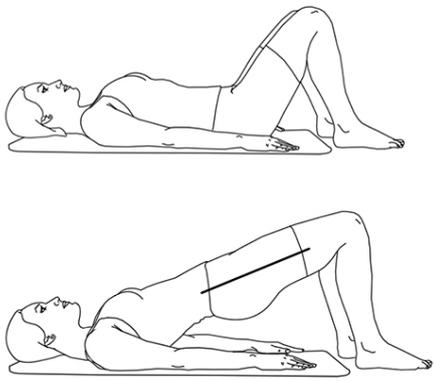
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### Knee Touch Standing with Opposite Hand

Lay down straight with good posture, and with your right hand touch your left knee. Repeat to the opposite side. You can make the exercise more challenging by lifting your knee higher to meet your hand.

**Repeat 20 times | Perform 2 times daily | Perform both sides**

Video: <https://youtu.be/g3eU3uGpRqQ>



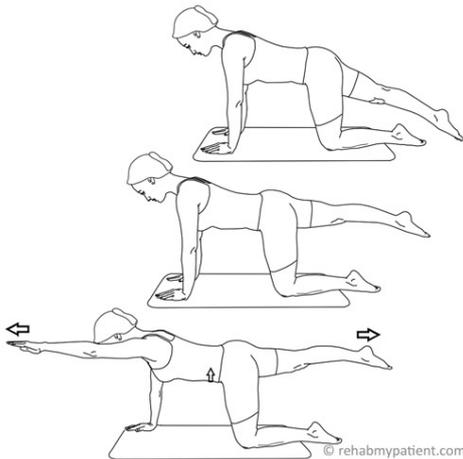
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## Shoulder Bridge / Spine Curls

Adopt the supine start position. Bring your heels slightly closer to your bottom to reduce the stress on your Hamstrings. Exhale as you tilt your pelvis back underneath you, pressing your lower back into the floor. Slowly roll your spine off the mat one vertebrae at a time to the tips of your shoulder blades. Hold this position as you inhale. Exhale, rolling the spine back down, one vertebrae at a time. Make sure you keep your weight equal through both feet. Repeat as required.

**Hold for 1 minute | Perform 2 times daily**

Video: <http://youtu.be/R1qxWNjcleU>



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## Table top In Four Point Stance

Kneel on all fours on the mat. Place your hands directly underneath your shoulders, with your knees between your hips. Exhale as you slide one leg behind you, keeping it in line with your hip and your pelvis in neutral. Keep your foot pointed and maintain contact with the floor. Inhale as you lengthen and lift your leg to hip height. At the same time raise your opposite arm forwards to shoulder height. Exhale as you lower your leg to the floor and return your arm back to the starting position.

**Hold for 30 seconds work up to 1 minute | Perform 2 times daily | Perform both sides**

Video: <http://youtu.be/vN8jaNSRn2c>

Dear Dr. David, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [abrdesign2016@gmail.com](mailto:abrdesign2016@gmail.com). Good luck and keep with it!