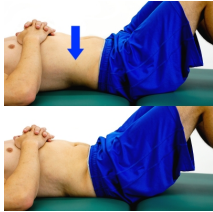


1



TRANSVERSE ABOMINIS ACTIVATION

While lying on your back with your knees bent draw your belly button in towards your spine. Contract your stomach muscles (as if coughing/sneezing) and hold this position.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day

WHEN THIS BECOMES EASY AND PAIN-FREE, MOVE ON TO #2

2



BRACE HEEL SLIDES

While lying on your back with your knees bent, perform the transverse abdominis contraction as outlined in #1. Hold this position with your stomach and slowly slide your heel forward on the floor/bed and then slide it back. Use your stomach muscles to keep your spine from moving.

Repeat 10 Times
Complete 3 Sets
Perform 2 Time(s) a Day

WHEN THIS BECOMES EASY AND PAIN-FREE, MOVE ON TO #3

3



BRACE MARCHING

While lying on your back with your knees bent, perform the transverse abdominis contraction as outlined in #1. Slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving.

Repeat 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day

WHEN THIS BECOMES EASY AND PAIN-FREE, MOVE ON TO #4

4



BRACE - SINGLE KNEE EXTENSION

While lying on your back with knees bent, perform the transverse abdominis contraction as outlined in #1. Slowly straighten out one knee while keeping the leg off the ground. Hold as indicated, then return to original position. Next, perform on the other leg. Keep your stomach muscles contracted.

Repeat 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day

5



QUADRUPED TRANSVERSE ABDOMINIS CONTRACTION

In hands and knees with the hands under the shoulders and the knees under the hips, draw your belly button in towards your spine. This is slightly more difficult than the other exercises as you're pulling up against gravity.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

6



HIP ADDUCTION SQUEEZE - SUPINE

Perform a transvers abdominis contraction as outlined in #1. Place a rolled up towel, ball or pillow between your knees and press your knees together so that you squeeze the object firmly while maintaining a tight TA.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

7



SEATED TRANSVERSE ABDOMINIS CONTRACTION

Sit up nice and tall and contract your TA by pulling your belly button in towards your spine.

Get creative - can be done while driving!

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

8



WALL PUSH UPS

Standing at a wall, place your arms out in front of you with your elbows straight so that your hands just reach the wall. Perform TA contraction by pulling your belly button towards your spine and bracing your abdominal muscles. Next, bend your elbows slowly to bring your chest closer to the wall. Maintain your feet planted on the ground the entire time.

Repeat 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day

9



WALL SQUATS

Perform TA muscle activation as indicated in #1. Lean up against a wall or closed door on your back and slide your body downward. Return back to upright position.

Repeat 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day