

# Supine Trunk Stabilization Exercises



These exercises will strengthen your lower back and abdomen. Do the exercises slowly and smoothly for the best results. Remember to breathe while you exercise. Holding your breath can put extra stress on your heart.

Do these exercises on the floor or on a sturdy table. You may want to use a small pillow under your head for support and comfort.

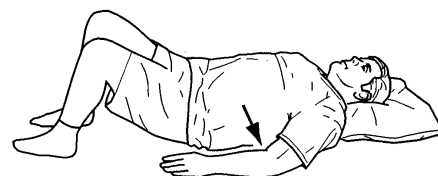
Do these exercises \_\_\_\_\_ times each day as directed by your therapist, doctor or nurse.

Repeat each exercise \_\_\_\_\_ times each session.

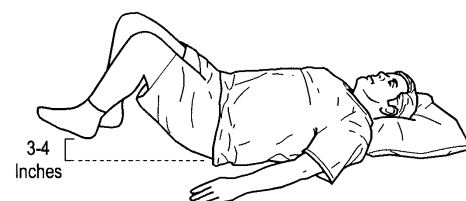
Hold each position for \_\_\_\_\_ seconds.

**For the following exercises, lie on your back with your knees bent. Keep your trunk straight. Your feet should be flat on the floor and your arms by your sides to start.**

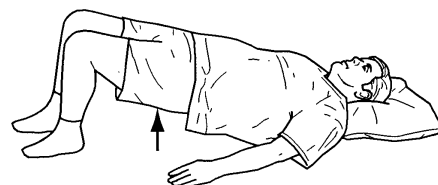
- With your arms at your sides, press your elbows into the floor. Feel your stomach muscles tighten. Hold, then relax and repeat.



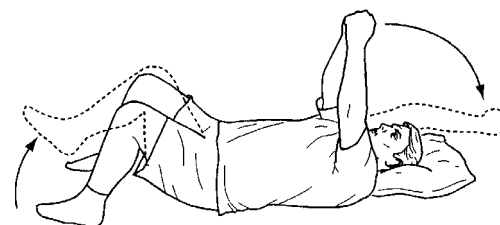
- Slowly raise one leg so your foot is about 3-4 inches off the floor. Feel your stomach muscles tighten. Hold, then relax and repeat. Repeat this exercise with the other foot.



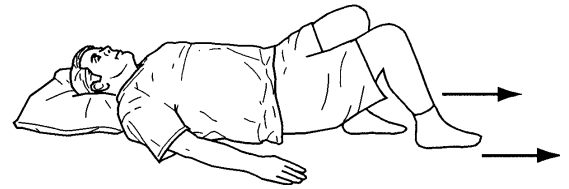
- Keep your stomach muscles tight. Slowly lift your buttocks up off the floor. Hold, and then relax and repeat.



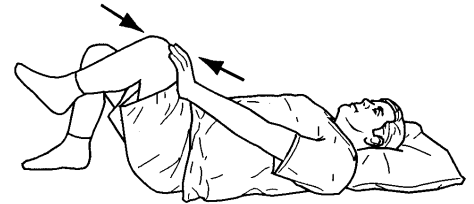
- Tighten your stomach muscles. Raise your arms so they are straight over your chest. Lift one foot while lowering your opposite side arm over your head. Think of it as marching while you are lying down. Hold and then return to the starting position. Relax and repeat. Switch and lift the other leg and lower the other arm.



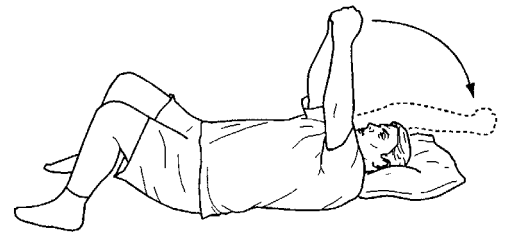
- ❑ With your stomach muscles tightened, slowly walk your feet out in small steps. Stop when you feel your back arching or when your legs are almost straight. Pull your legs back and repeat.



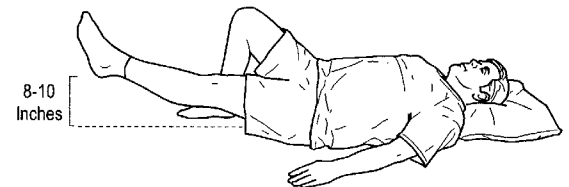
- ❑ Tighten your stomach muscles. Raise one arm and lift the knee on that same side. Keep your arm straight. Gently push your knee against your hand and your hand against your knee. Hold, then relax and repeat. Be sure to do both sides.



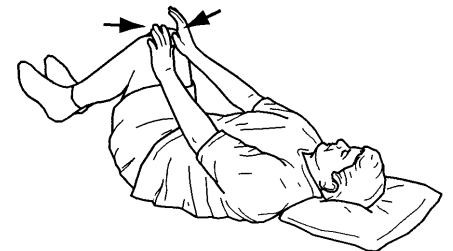
- ❑ Raise your arms straight over your chest. Tighten your stomach muscles. Lower one arm over your head slowly, until you feel your back arch. Hold and then bring your arm back up. Relax and repeat. Do this exercise with the other arm, too.



- ❑ Straighten one leg out. With your stomach muscles tightened, slowly raise your straight leg so your foot is about 8-10 inches off the floor. Hold then slowly lower your leg. Relax and repeat. Do this exercise with the other leg.



- ❑ With your stomach muscles tightened, bring both knees up and put your hands on your knees. Keep your arms straight and push against your knees while gently pushing your knees against your hands. Hold, then relax and repeat.

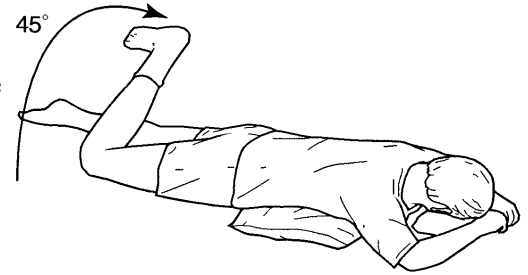


**For the next exercises, you need to lie on your stomach with your legs out straight. You may want to use a pillow or a folded towel under your stomach and forehead for comfort and support. Bring your arms up over your head. Tighten your stomach muscles. Keep your trunk straight and remember to breathe.**

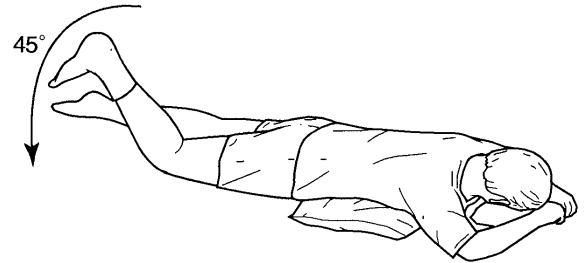
- ❑ Bend both knees so your heels are touching. Gently squeeze your heels together. Hold and then relax. Repeat.



- ❑ Bend one knee up. Slowly lower your foot across the other leg until you feel your hip start to lift. Hold and then return to the starting position. Relax and repeat. Repeat with the other leg.



- ❑ Bend one knee up. Slowly lower your foot out away from your body until you feel your hip start to lift. Hold and then return to the starting position. Relax and repeat. Do the exercise with the other leg.



**If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**