

# MARIN PHYSICAL THERAPY

## Lumbar Stabilization Training

\_\_\_\_ Sets of \_\_\_\_ Repetitions



4. Knee to chest. Engage core. Bring knee toward chest.



5. Heel taps. Bring one knee up and then the other. Hold thighs vertical. Alternately tap heels to ground.



6. Leg extensions. Same as number 5, but extend leg straight out.



7. Arm and leg extensions. Touch opposite hand and knee. Separate hand and knee as far as possible.