

# MARIN PHYSICAL THERAPY

## Lumbar Stabilization Training

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



1. Pelvic tilts. Alternately flatten low back making needle go up, then...



1. ...arch low back making needle go down.



2. Core contraction. Engage core by tightening abdominals, drawing belly in, and breathing. Needle should not move.



3. Heel slides. Engage core. Slowly slide heel away.