



MURRAY
FAMILY CHIROPRACTIC

Pain Relief to Wellness

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Core Strengthening – Level 1

Spinal correction and the removal of detrimental nerve interference requires a well-rounded plan. Adjustments facilitate the removal of spinal cord and nerve pressure. Extension tractioning will help restore curves and reduce the stress load on your spine. Core strengthening exercises will retrain the muscles around your spine to hold the spine in its proper alignment for longer periods of time, rather than being weak and spastic; pulling your vertebrae out of alignment and shutting down your “Power”. If your Corrective Program is missing even one of these components spinal correction will not occur; so make sure you are doing your exercises daily! 😊 Dr. Rob

1. Abdominal Flex

If you currently have low back pain you may need to start with just this exercise before advancing to the other exercises below. In a standing position, simply squeeze/flex your abdominal muscles as if you were trying to pull your belly-button in towards your spine. Hold for 2 seconds, relax and repeat. The more you can do the better. You can even do this exercise while sitting at work, but you get the most out of it when you are standing.

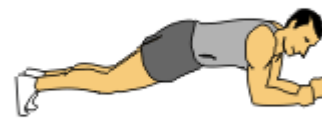
2. Abdominal Crunch

Do not confuse this exercise with the old “Sit-Up”. There is no need to try to raise your upper body all the way from a lying position to a sitting position causing you to convulsively shake. Simply, lie on your back with your feet on the floor and your knees bent. Cross your arms on your chest*, and raise your shoulders and head a few inches so you feel your abdominal muscles flexing. Hold for 2 seconds, relax back down and repeat. The more you can do the better.

*Note: If you have a sore neck you can support your head with your hands by holding the back of your head.

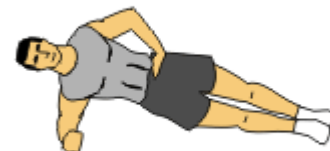
3. Prone Bridge (AKA. Plank)

Lie on the floor on your stomach. Lift your body off the ground, supporting your upper body with your elbows directly under your shoulders and your forearms flat on the ground. Keep your body in a straight line from your shoulders to your heels and hold for 30 seconds. Work up to holding for 60 seconds or longer.



4. Side Bridge (AKA. Side Plank)

Lie on your left side with your legs, hips, and shoulders in a straight line. Prop yourself up on your left forearm so your elbow is directly under your shoulder. Lift your hips off the floor to create a straight line running from your right shoulder down to your right ankle. Place your top arm along your side. Hold the position for 30 seconds, then lower your hip to the ground. Switch sides and repeat. Work up to holding for 60 seconds or longer.



**Once you feel that you have mastered these exercises,
ask Dr. Rob for Level 2... if you are brave enough.**