

Exercise Therapy

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Abdominal exercises

1. Abdominal crunch

Patient Position: Supine with knees and hips are bent at 90-degree angles.

Procedure: Tighten the abdominal muscles. Raise head and shoulders off the floor. To avoid straining neck, cross arms on chest. Hold for three deep breaths.

Return to the start position and repeat.

2. Bridge

Patient Position: Supine

Procedure: Raise your hips off the floor until your hips line up with your knees and shoulders (bottom photo). Hold for three deep breaths.

Return to the start position and repeat.

3. Single-leg abdominal press

Patient Position: Supine.

Procedure: Raise your right leg off the floor so that your knee and hip are bent at 90-degree angles. Rest your right hand on top of your right knee. Push your hand against your knee while using the abdominal muscles to push your knee toward your hand. Keep your arm straight. Hold for three deep breaths.

Return to the start position and repeat using your left hand and left knee.

4. Double-leg abdominal press

Patient Position: Supine

Procedure: Raise your legs off the floor, one at a time, so that your knees and hips are bent at 90-degree angles. Rest your hands on top of your knees. Push your hands against your knees while using the abdominal muscles to pull your knees toward your hands. Keep your arms straight. Hold for three deep breaths.

Return to the start position and repeat

5. Quadruped

Patient Position: Quadruped Position

Procedure: Raise your right arm off the floor and reach ahead. Hold for three deep breaths.

Lower your right arm and repeat with your left arm. Raise your right leg off the floor.

Tighten the trunk muscles for balance. Hold for three deep breaths. Lower your right leg and repeat with your left leg.

6. Modified plank

Patient Position: Prone then reach to plank position

Procedure: Create resistance by pressing your elbows and knees toward one another.

Neither should move from their positions on the floor. Hold for three deep breaths.

Return to the start position and repeat

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