





1. PFM Exercises lying on your back and side, difficulty : light (PFM _ back _side) label25

Exercise	Fig	Description	Starting position	
1a	12 fig12a .png	Lying down on your back, one leg bent and the other one stretched, stable lumbar region, execution of a drawing-in maneuver. Raise outstretched leg (pain-free)	 PFMexercise1a-1.mp4 PFMexercise1a-2.mp4	Repetition ¹ : 5 x Duration ² : 5 sek Break ³ : 5 sek Days of the week ⁴ : 5 Both(L+R)(Y/N):Y
1b	13 fig13a .png	Lying down on your back ,one leg bent and the other one stretched, stable lumbar region, execution of a drawing-in maneuver, Circle with the leg stretched (pain-free).	 PFMexercises-1b-1.mp4 PFMexercises-1b-2.mp4	Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N):
1c	14 fig14a .png	Lying down on your side, one leg bent and the other one stretched, stable lumbar region, execution of a drawing-in maneuver, Raise outstretched leg(pain-free)	 PFMexercise1c-1.mp4	Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N):
1d	15 fig15a .png	PFM Exercises, lying on your back circling your leg Lying down on your side, one leg bent and the other one stretched, stable lumbar region, execution of a drawing-in maneuver. Circle with the stretched leg (pain-free).	 PFMexercises-1d.mp4	Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N):

1. Repetition: The number of repetitions of the exercise, if L + D, is the number of repetitions for each leg







2. Duration: duration in seconds or holding positions

3. Break: Leave during exercise for a few seconds.



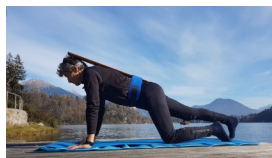

4. Days of the week: number of training days per week

The duration of the activation period of local stabilizers will vary for the patients. People differ in their abilities. Some will master activation techniques earlier, others later, however, it is recommended to perform at least four weeks of exercise to activate the abdominal muscles and pelvic floor muscles. Only the correct execution of the drawing-in maneuver can allow us to safely perform all exercises to stabilize the core in the following periods, which in turn can lead us to reduce low back pain. Also very important is the development of the pelvic floor muscles, to which most people pay too little attention.

1. PFM Exercises lying on your back using a ball.

Exercise	Fig	Description	Starting position	
1e	16	Lying down on your back, legs bent, stable lumbar region, execution of a drawing-in maneuver, squeeze a ball with your knees and press your hands to base. Equipment: ball.		Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N)::
1f	17	Lying down on your back, legs bent, stable lumbar region, execution of a drawing-in maneuver, squeeze a ball with your knees and push your legs with your hands. Equipment: ball.		Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N):
1g	18	Lying down on your back, legs bent, stable lumbar region, execution of a drawing-in maneuver, squeeze a ball with your knees and raise your hands to your knees. Equipment: ball.		Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N):
1h	18a	Lying down on your back, legs bent, stable lumbar region, execution of a drawing-in maneuver, squeeze a ball with your knees and raise your back and hands to your knees. Equipment: ball.		
1i	18b	Lying down on your back, legs bent, stable lumbar region, execution of a drawing-in maneuver, squeeze a ball with your knees while doing a bridge with your back. Equipment: ball.		
1j	18c	Lying down on your back, legs bent, stable lumbar region, execution of a drawing-in maneuver, squeeze a ball with your knees while pushing your knees away with your hands. Equipment: ball.		

2. Core stabilization exercises in kneeling a position (menu_second_core_stab)

Exercise	Fig	Description	Starting position	
2a	19 19b	On Hands & Knees Leg Lift The support in is on the hands, and knee, and toe , outstretched leg, stable lumbar region, execution of a drawing-in maneuver, Raise outstretched leg Equipment: stick Core stabilization-2a-desna.mp4 Core stabilization-2a-leva.mp4	 	Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N): .
2b	19 20	On Hands & Knees Arm/Leg Lift The support in is on the hands, knee and toe, leg is outstretched, stable lumbar region, execution of a drawing-in maneuver. Raise outstretched leg and oposite arm. Equipment:stick Core stabilization-2b-desna.mp4 Core stabilization-2b-leva.mp4	 	Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N): .

The leg raise is a strength training exercise which targets the iliopsoas (the anterior hip flexors). Because the abdominal muscles are used isometrically to stabilize the body during the motion, leg raises are also often used to strengthen the rectus abdominis muscle and the internal and external oblique muscles.

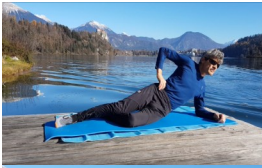


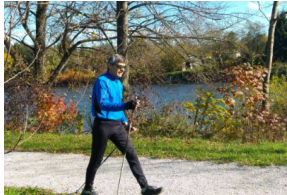
https://brain-spine.com/lumbar_activities/strengthening_exercises.html

Arm/Leg Raises - This exercise is similar to the prone arm/leg raises, except done with hands and knees on the floor, with hands directly under shoulders and knees directly under hips

Hands & Knees Arm/Leg Lift

Starting on all fours, lift your opposite arm and leg. Do not arch your neck. Hold for 5 to 10 seconds. Alternate lifting the other arm and leg together. Repeat 3 to 5 times on each side.

Core stabilization exercises in side position





2c	21a	Modified side plank, lift hip Lying down on your side, one leg bent and the other one stretched, stable lumbar region, execution of a drawing-in maneuver. Raise your hip <i>Core stabilization-2c.mp4</i> <i>Core stabilization-2c-still.mp4</i>	 	Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N):
2d	22b	Modified Side Plank, leg circling Circle your outstretched leg <i>Core stabilization-2d1.mp4</i> <i>Core stabilization-2d2.mp4</i>		Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N):
2e	22ba	Modified Side Plank, raise leg Raise your outstretched leg <i>Core stabilization-2e2.mp4</i> <i>Core stabilization-2e1.mp4</i>		
2f	23	walking with sticks. Equipment: sticks		

2b

erector spinae muscles, which run along your spine and are responsible for extending your torso



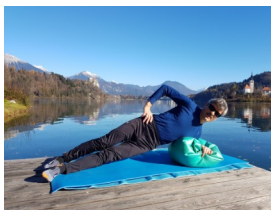
<https://www.msn.com/en-us/health/exercise/strength/kneeling-side-plank-with-leg-lift/ss-BBtOiWj>

3. Core stabilization and strengthen Exercises (menu_second_core_strength)

Exercise	Fig	Description	Starting position	Repetitions/Duration
3a	24 24b	Elbow plank/Forearm plank The support in is on the elbows and toes , stable lumbar region, execution of a drawing-in maneuver.		Repetitions: Duration:15sec Daily(Y/N): Both(L+R)(Y/N):
3ab	25	Raise one leg. <i>core strength-3a-still.mp4</i> <i>core strength-3a-desna.mp4</i> <i>core strength-3a-leva.mp4</i>		
3ba	26 26b	Hand plank The support in is on the hands and feets, stable lumbar region, execution of a drawing-in maneuver.		Repetitions: Duration:15 sec Daily(Y/N): Both(L+R)(Y/N):
3b	27	Raise the leg. <i>core strength-3b-desna.mp4</i> <i>core strength-3b-leva.mp4</i> <i>core strength-3b-stil.mp4</i>		

Elbow plank/Forearm plank: facedown with legs extended and elbows bent and directly under shoulders; palms flat on the floor. Place feet hip-width apart, and elbows shoulder-width apart. Engage your [abs](#), then tuck your toes to lift your body (forearms remain on the ground; press the floor away from you with forearms). You should form straight line from shoulders to heels. Hold for 30 to 60 seconds.

Core stabilization and strengthen Exercises using stability ball (menu_second_core_strength)

3c	28	Stability ball elbow plank The support in is on the elbows and toes , stable lumbar region, execution of a drawing-in maneuver.		Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N):
3ca	29	Alternative Raise the leg. Equipment: ball. Core Strength-3c-desna.mp4 Core Strength-3c-leva.mp4 Core Strength-3c-stil.mp4		
3d	30	Stability ball elbowside plank The support in is on the elbow and toes , hip is on base, stable lumbar region, execution of a drawing-in maneuver. Raise your hip. Equipment: ball.	 <p>Stability ball side plank</p>	Repetitions: Duration: Daily(Y/N): Both(L+R)(Y/N):
3e	31	Daily task	