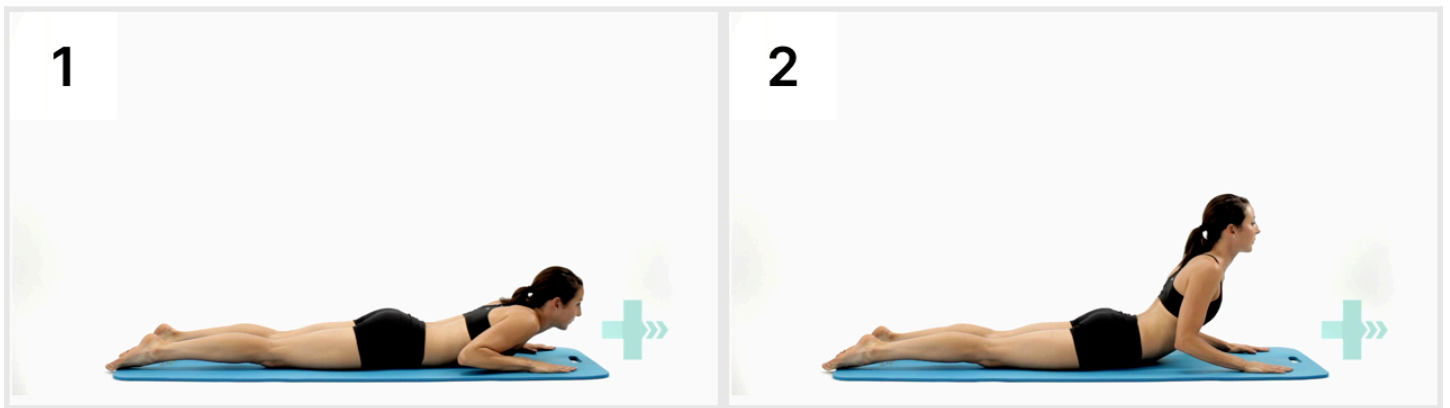


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## 1. "Prone press up" Trunk extension passive; 01

Sets: 1 • Reps: 1 • Hold: 1s



Start face down on a mat.

Bend the elbows and bring your hands under your shoulders.

Push your upper body up into an extended position.

Keep your hips and thighs on the floor at all times.

Squeeze the buttock muscles throughout the duration of this exercise.

Hold this position.

## 2. 'Neurodynamics' Sciatic nerve, slump sitting - lifting toes/head

Sets: 1 • Reps: 1



Sit up straight on the edge of the bed.

Round your back, slumping your body, and drop your chin down.

Start with your knee bent and ankle relaxed.

Straighten your knee and pull your toes up towards you.

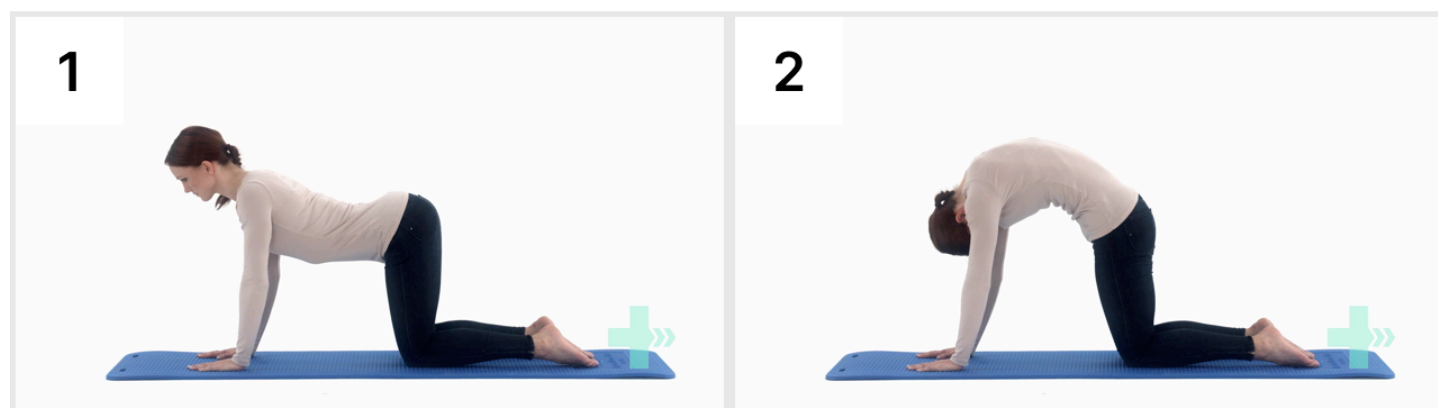
At the same time lift your head up, keeping your back slumped throughout.

Immediately bend your knee and relax your ankle, and look down to return to the start position.

Do not push into pain or tension, and keep the movement fluid.

### 3. "Cat and camel" Trunk flexion/extension AROM, quadruped; 01

Sets: 1 • Reps: 1 • Hold: 1s



Start on your hands and knees with your back in a neutral position.

Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back. Hold this position, and then repeat.