FWB Chiro Rehab Log - Core Flexion/Extension Stability Protocol

NAME: Visits/Units: Med HX/Precautions:											
DATE											
TIME IN											
		•	P	hase One			•	•	•	•	
Isometric Abdominals											
Bird Dog											
Stability Crunch											
Stability Oblique											
Clam Shells											
Pelvic Bridge											
Plank	<u> </u>										
Chair Stands											
			Di	TD.							
Phase Two Straight Leg Birddogs On Ball											
Reverse Crunch											
Single leg pelvic bridge											
Leg Drops											
In and outs											
in the outs	 	 		<u>. </u>	<u>. </u>	<u> </u>					
Phase Three											
Wall Squats w/ Ball											
Planks (Add Ball)											
Side Planks											
Supermans On Ball											
Crunches on Ball w/ Ball											
		1	S	tretches	ı.	ı	ı	1	ı	1	1
1. Hip Flexor-Kneeling Proposal											
2. Ham-Seated Forward Lean											
3. Glute-Cross Legged Knee to4. Piriform-Cross Legged Fwd Lean	 										
5. Calf-Standing Lunge											
6. ITB-Standing Cross Legged Lean											
o. 11D-Standing Closs Legged Lean	<u>l</u>		Add	ditional T	<u>I </u>			l		l	
			114		Ī						
DTS											
Standing Pope											
Foam rolling											
Lacrosse Ball											
Band Shearing											
	 										
Cumus times	 		1	<u> </u>	<u> </u>		<u> </u>		<u> </u>		
Curve time	 		1	<u> </u>	<u> </u>						
Pounds Posture Pump	 	+	1	 	 		}		}		
Posture Pump	 	+	1	 	 		}		}		
TIME OUT	 	+	1	 	 		1		1		
INITIALS	 		1	1	1						
* = See DC Note G = Gradua	ted Color -	Band Res	istance	1	1	I	<u> </u>	<u> </u>	I	<u> </u>	

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Phase One												
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Chair Stands												
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Phase Two												
Straight Leg Birddogs On Ball												
Reverse Crunch												
Single leg pelvic bridge												
Leg Drops												
In and outs												
W 11 C / D 11			Ph I	ase Thre	ee		1	1	1	1	1	1
Wall Squats w/ Ball Planks (Add Ball)												
Side Planks												
Supermans On Ball			1		1	1						
Crunches on Ball w/ Ball												
	L											
		•	S	tretches			T	•	•	•	T	
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o. 11B-Standing Closs Legged Lean			Ada	l ditional T	<u>l</u> Гх							
			7100									
DTS												
Standing Pope												
Foam rolling												
Lacrosse Ball Band Shearing												
Band Snearing												
Curve time		1	1	 	1	1		1	1	 		
Pounds												
Posture Pump				1								
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				<u></u>								
TIME OUT												
INITIALS												
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Core Phase 1 *Hold each contraction for 2 seconds *Take 4 seconds to slowly return to starting position



Core Phase 2

*Hold each contraction for 2 seconds

*Take 4 seconds to slowly return to starting position

