

FWB Chiro Rehab Log - Core Flexion/Extension Stability Protocol

NAME: _____ Visits/Units: _____ Med HX/Precautions: _____

DATE																			
TIME IN																			
Phase One																			
Isometric Abdominals																			
Bird Dog																			
Stability Crunch																			
Stability Oblique																			
Clam Shells																			
Pelvic Bridge																			
Plank																			
Chair Stands																			
Phase Two																			
Straight Leg Birddogs On Ball																			
Reverse Crunch																			
Single leg pelvic bridge																			
Leg Drops																			
In and outs																			
Phase Three																			
Wall Squats w/ Ball																			
Planks (Add Ball)																			
Side Planks																			
Supermans On Ball																			
Crunches on Ball w/ Ball																			
Stretches																			
1. Hip Flexor-Kneeling Proposal																			
2. Ham-Seated Forward Lean																			
3. Glute-Cross Legged Knee to																			
4. Piriform-Cross Legged Fwd Lean																			
5. Calf-Standing Lunge																			
6. ITB-Standing Cross Legged Lean																			
Additional Tx																			
DTS																			
Standing Pope																			
Foam rolling																			
Lacrosse Ball																			
Band Shearing																			
Curve time																			
Pounds																			
Posture Pump																			
TIME OUT																			
INITIALS																			

* = See DC Note G = Graduated Color = Band Resistance

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Core Phase 1

*Hold each contraction for 2 seconds

*Take 4 seconds to slowly return to starting position

1.



2.



3.



4.



5.



6.



Core Phase 2

*Hold each contraction for 2 seconds

*Take 4 seconds to slowly return to starting position

1.



2.



4.



3.



5.



6.



2.

