



CORE: Patient Stretch and Exercise Guide

Core stretching should be done with slow and smooth motions. Remember to warm up with gentle stretching before attempting these exercises. Stop if you feel discomfort.

Be sure to consult with Dr. Leipold before attempting any of these stretches. Always remember to warm up before attempting any stretch! Also, it's important to not rush the stretching process. Take your time with each stretch, making deliberate motions, and be sure to follow the exact motions of the stretch in the following diagrams. Contact Dr Leipold's office at if you have problems or questions. You can reach the front office by dialing 828-575-9631.

Double Leg Extension



Lie on your back with knees gently bent and raised off the ground. Slowly extend and straighten both legs. Return to start and repeat. Make sure to keep your back flat on the floor and do not arch your back.

Hip Raise

Lie on your back with your legs pointing up. Use your stomach muscles to gently raise your hips up off the ground and point your toes toward the ceiling. Hold for 3 seconds and slowly lower hips back to ground and repeat.



Leg Extension Plank

While holding a front plank, gently bend one leg to bring it off the floor. Bring your raised knee down to the floor and back up again. Bring leg down and repeat with opposite leg.



Bicycle Crunch

Lie on your back with your legs in the air. Twist your torso and bring your right elbow towards your left knee and extend your right leg. Repeat with opposite side.



Staggered Plank



In a front plank, raise one arm and the opposite leg off the floor. Bring the knee of the raised leg down to the floor and then back up again. Repeat with opposite arm and leg.

Climbing Plank



Start in a plank position on your hands and toes. Raise one leg and bring your knee up towards your chest. Return to start. Repeat with opposite leg.

Front Plank



Lie face down on a mat. Keeping your torso straight, push yourself up onto your elbows. Your elbow should be shoulder width apart. For a variation, try coming up onto your hands or bring one leg off the ground. Hold for 10 seconds and return to start.

Side Plank



Lie on your side. Bring your torso off the ground by bringing yourself up onto your elbow and feet. Your feet should be staggered and your torso kept straight by activating your core muscles. Hold for seconds and then relax. Repeat on opposite side. You can also try to extend up onto your hand.

Front To Side Plank



Starting in a front plank, gently rotate into a side plank. Return to start and relax. For a variation, try support yourself on your hands.

Bridge



Lie on your back with your knees bent. Slowly bring your pelvis off the ground until your hips are straight. Hold for 10 seconds then return down.

For a variation, once in the bridge position lift one leg off the ground keeping the knee bent. Repeat with other leg. For additional challenge, once in the bridge position lift one leg off the ground and keep straight. Repeat with other leg.

Crunches



Lie on your back with your knees bent and your hands held gently behind your head. Slowly bring your shoulders straight up off the ground. Your head should rest lightly on your hands and relaxed. Hold for 3 seconds then relax. For a variation, as you come up off the ground, try twisting your left shoulder toward your right knee, repeat on opposite side.

Push-Ups



Lie face down on the floor. With your hands shoulder width apart bring yourself up off the ground by straightening your arms. Gently bend your arms as you bring your chest down to the ground. Once your elbows are at a 90 degree angle, push yourself back up. Keep your body straight by using your core muscles. Try moving your hands slightly closer together or farther apart for variations.

Back Extension



Lie face down with a pillow under your lower abdomen. Place your hands behind your back and gently bring your chest off the floor. Hold for 3 seconds and then relax.

Pelvic Tilt

Lie facing up on the floor with your knees bent. Tighten your stomach muscles and flatten your low back against the floor. Hold for 10 seconds then relax.

