

Corrective Exercise Beginner Program



Disclaimer: READ THIS FIRST!

This information is not medical advice, and does not replace the diagnosis or treatment of a licensed physician.

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Steps To Implementing Your Program

1. Watch all of the associated videos in the members area.
2. Take any essential notes on the movement techniques.
3. Pay particular attention to how to correct your posture. Work on this continuously whenever you possibly can.
4. Locate the appropriate corrective stretching and exercise routine in your manual.
5. Perform your corrective program as often as outlined, unless otherwise recommended by your healthcare provider.

Commonly Asked Questions

1. Can I progress the exercises faster than recommend?

You can do so, BUT ONLY after the first 2 weeks. I highly suggest following the program exactly as outlined, however, in some cases, individuals may be ready for the intermediate program right away. Keep in mind that this program was designed for the majority of individuals, whom need to start with the corrective stretches and beginner program ONLY.

2. What if an exercise or stretch causes me to feel worse?

If ANY exercise or stretch causes you to feel worse, then stop immediately. Next, check to make sure you are performing the movement EXACTLY as instructed on the associated videos. Then, make sure you are relaxed as you do the motion. Many times, individuals with pain tend to tense up during movements in fear that they will hurt more, and have thus learned to “guard”. This can cause discomfort if it happens during movements. Lastly, you may decrease the range of motion or the intensity of the muscle contraction, which usually results in less discomfort. If none of these actions result in relief, then stop the routine and consult with your health care provider.

3. What if I have a specific condition related to my spine?

The **Corrective Program for Excess Anterior Pelvic Tilt** was not designed specifically for individuals with conditions such as herniated discs, stenosis, or other degenerative conditions. However, it may be effective at providing relief, but there are subtle differences in technique that may be required in order to provide further effectiveness. I highly suggest you share the information contained in the **Corrective Program for Excess Anterior Pelvic Tilt** with your health care provider in order to make modifications that will work for your specific condition.

Beginner Program

(Performed 3-5 days per week for 2-4 weeks)

Warning: Do NOT change the order of the movements!

#	Stretch/Exercise	Repetitions	Duration	Rest	Sets
1	Opposite Arm/Leg Raise	10 each	Hold for 10 seconds	60 sec	1-3
2	Prone Plank	10	Hold for 5-10 seconds	90 sec	1-2
3	Supine Hip Extension	25-35	Hold for 2 at top of each	90 sec	1-3
4	Side Plank	10 each	Hold for 5-10 seconds	60 sec	1-2
5	Prone Extension	10	Hold for 5-10 seconds	60 sec	1-2
6	Biofeedback Lower Abdominal 1	60 seconds duration	Controlled pace	60 sec	1-3

Opposite Arm-Leg Raise



What does this strengthen?

- Multifidi
- Gluteals
- Serratus anterior
- Spinal erectors

1. Start on your hands and knees. Wrists under shoulders and knees under hips.
2. Find neutral pelvic position, lift chest and tuck chin.
3. Lift your hand and opposite knee just high enough to slide a magazine under while maintaining your alignment.
4. Maintain normal breathing.

Prone Plank



What does this strengthen?

- Abdominals
- Quadriceps
- Serratus anterior

1. Start on your elbows and knees on ground.
2. Find neutral pelvic position, lift chest and tuck chin.
3. Straighten your knees while maintaining your alignment.

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Supine Hip Extension



What does this strengthen?

- Hamstrings
- Gluteals
- Quadriceps
- Spinal erectors

1. Start on your back with your heels approximately 1 foot from your hips.
2. Place your weight on your heels, and perform a posterior pelvic tilt as you extend your hips up.
3. Emphasize squeezing the glutes.

Side Plank



What does this strengthen?

- Obliques
- Quadratus lumborum
- Latissimus dorsi

1. Start on your side with knees bent greater than 90 degrees and body in straight alignment.
2. Lift your chest up and tuck chin.
3. Push your shoulder away from the socket to avoid shoulder and neck stress.
4. Lift from your hips as high as comfortably possible.

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Prone Extension



What does this strengthen?

-Hamstrings
-Gluteals
-Rhomboids
-Trapezius
-Spinal erectors

1. Start lying face down with your arms at your sides, palms facing the floor, and feet together.
2. Squeeze glutes, lift your chest up as high as comfortable while keeping your chin tucked and head retracted.
3. Lift and externally rotate your arms for a full shoulder blade squeeze.

Lower Abdominal 1



What does this strengthen?

-Abdominals
-Rectus femoris

1. Lay on your back with your feet flat on the floor.
2. If using Biofeedback device, place the bladder under your lumbar spine at umbilical level. If using your hands or a small towel, place at the same location.
3. Inflate the bladder to the recommended setting.
4. While holding consistent pressure setting, alternate lifting legs to a 90 degree hip angle.

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Modifications

An important note here is that many of the movements in this manual may need to be modified in one or more ways to suit the individual, particularly if you happen to have a particular diagnosis. This may range from minor modifications to complete removal of a given movement. As always, be sure to ask your doctor or physical medicine practitioner for guidance. They know your situation, and can help you.