

## **Segmental stabilization: leg load to test control of lumbopelvic posture** **Levels I – IV**

These exercises will test the strength of your core. After testing, you should only do the levels that you can do well for exercise (no pelvic movement). Place your hands on your pelvic bones as in the pictures. If during the testing/exercise there is movement, it means you have lost control of your core. If you have trouble progressing through the levels, stay at the lower level until you can do it well, then progress as able.

NOTE: there should be no pain, nor “popping” with these exercises.

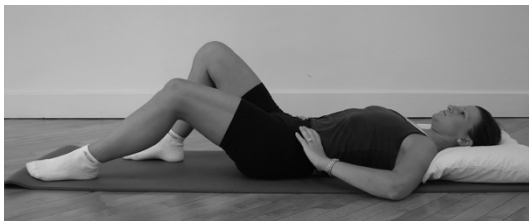
GOAL: level III – IV (needed for normal pain-free function).

*Your breathing should remain normal and relaxed throughout the progression of levels!*

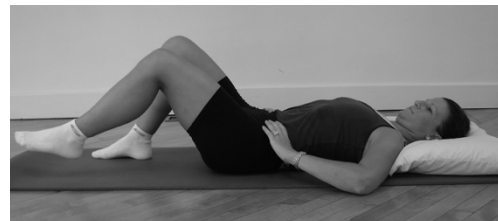
### **Starting position for all levels:**



Lie on your back with knees bent on a flat surface (either the floor or bed). Your back should be in neutral, neither arched nor rounded. Place hands on pelvic bones (ASIS's) to monitor that there will *no* boney movement during the following levels of testing. (Wear socks)



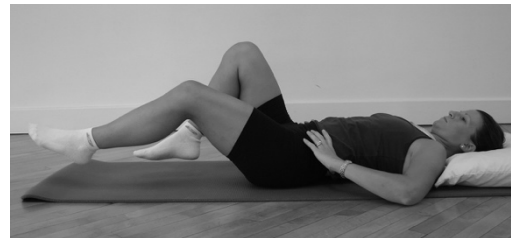
**Level I** – While maintaining a neutral spine, slide your left leg as shown above, back and forth x 10. Repeat for the right leg.



**Level II** – While maintaining a neutral spine, lift the left heel approx. 1” from the surface and move it back and forth x 10. Repeat for the right leg.



**Level III** – While maintaining a neutral spine, lift the right foot approx. 1” from the surface. Slide the left leg back and forth on the surface x 10. Repeat for the opposite leg.



**Level IV** – While maintaining a neutral spine, lift the right foot 1” from the surface, then lift the left foot 1” from the surface and move the left foot back and forth x 10. Repeat for right leg.

*Common signs of failure of the inner core’s ability to stabilize the spine include: movement of the boney pelvis, arching of the back, protruding abdomen, lifting of the head, shaking, pain and or “popping”, and breathing less than normal or holding of the breath. Do not progress yourself through levels if the quality of exercise is not controlled. Once you can do level IV easily, you only need to do levels occasionally.*

Ref: Adapted from Carolyn Richardson – Therapeutic Exercise For Spinal Segmental Stabilization in Low Back Pain LBP - 1999