

## Erbst OrthoSport Physical Therapy



### SAHRMAN ABDOMINAL PROGRESSION

**Prior to beginning any of these exercises, properly engage transversus abdominus muscle as described by your physical therapist. If performed properly, the low back never loses contact with the ground and pelvis remains stable-no tipping side to side or front to back.**

**Level 1:** Bent-knee fall-outs. Knees are bent with feet flat on floor. Lower knee out the side toward floor with control and immediately return to starting position. Now repeat this movement with opposite leg (first picture).

**Level 2:** Single-leg marches. Lift \_\_\_\_\_ knee toward chest until a 90 degree angle exists at hip. Now lift \_\_\_\_\_ leg to same position. Without resting, lower this leg back to starting position followed by \_\_\_\_\_ leg so that both are now resting on ground (second picture).

**Level 3:** Alternate leg marches. Similar to above exercise except heel of one foot lightly touches ground as opposite hip is at 90 degree angle relative to trunk. Knees remain bent, legs move reciprocally (third picture).

**Level 4:** Alternate leg marches with knee extension. Same as above exercise but now the leg being lowered also straightens at the knee. Heel lightly touches ground. Legs continue move reciprocally (fourth picture).

**Level 5:** Performed as exercise above but legs move together as a unit (fifth picture).

**Level 6:** Any of the above exercises are more difficult with arms raised overhead (sixth picture).

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