



# MOTION GUIDANCE: TRUNK HOME EXERCISE

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

The laser should be mounted so is projecting perpendicular, and centered on pelvis. To Calibrate your trunk position to the flag, once in "neutral" (standing or hands and knees), aim the laser to the center of the flag.

## Exercise 1: "Bird Dogs"

Instruction: Start on hands and knees with the flag on the ground and the laser beam in the center of the target. Try extending an arm, followed by the other arm, followed by one leg, then the other. Attempt to keep the laser centered on the target, both while extending and returning. **PERFORM 5-10 REPS FOR EACH BODY PART.** Variation: Extend an arm and opposite leg together at the same time to challenge

## Exercise 2: "Pelvic tilts"

Instruction: Start on hands and knees with the Motion Guidance strap and perpendicular mount around the lower aspect of the pelvis. Turn on the laser beam and project it onto the center line of the flag. While keeping your arms and legs still, move the laser beam up to 12 o'clock and down to 6 o'clock by moving your pelvis only (ie tuck the tail for flexion, and drop your belly for extension). **PRACTICE THIS 5-10 TIMES.** Variation: Try pelvic tilts in standing with the flag hanging on the wall!

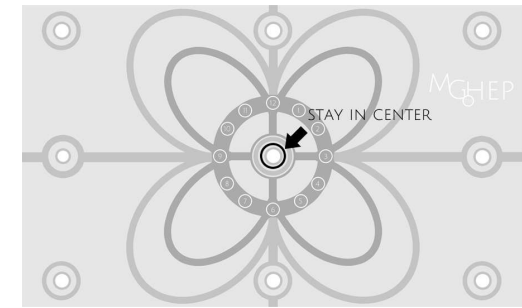
## Exercise 3: "Moving Bird Dog"

Instruction: Start on hands and knees in "bird dog" position (opposite arm and leg are extended) with the flag on the ground and the laser beam in the center of the target. Next, try moving the laser to different numbers on the clock, at different diagonals, by rotating your trunk. **ATTEMPT TO PERFORM 2-5 REPETITIONS TO EACH DIAGONAL.** Aim toward as many numbers as you are able, even if you can't "hit" them.

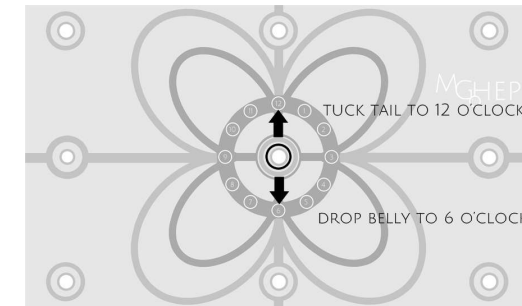
## Exercise 4: "Balance"

Instruction: Begin in standing with the Motion Guidance strap around either your chest or pelvis. Project the laser onto a hanging flag about 5 feet from the grid onto a circle target. Stand on one leg and attempt to keep the laser on the target. **PRACTICE FOR AS LONG AS YOU CAN KEEP THE LASER ON THE TARGET.** Variations: To increase the difficulty, perform this exercise without shoes on while having a conversation with a friend. To decrease the difficulty, stand on two feet with one in front of the other, or with feet together. You can also reach left, forward and right for added challenge.

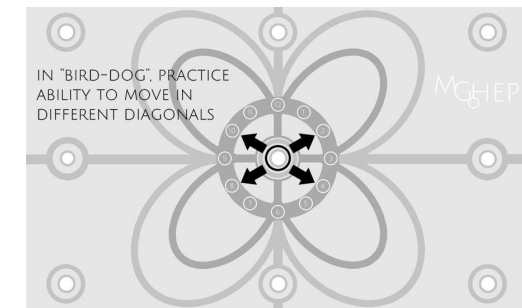
## EXERCISE 1



## EXERCISE 2



## EXERCISE 3



## EXERCISE 4

