

Finding and Turning on Your Transverse Abdominis and Lumbar Multifidus

To connect the brain to the muscle function, pause the leg in space when the needle falls or rises from 40mmHg and fix the back. If the needle drops, you have lost muscular control. If the needle rises, you are compensating through your skeleton to support your back, not using your muscles. 3-5 reps well done in 1 level indicates you are ready to move on to the next level safely. Call with any further questions or needs: **Shallyn's Physical Therapy and Wellness Services (719) 219-5865**



Level 1: Set BP cuff to read 40 mmHg while lying on back with knees bent, in neutral spine. Perform a small foot lift (inhale) and lowering (exhale) while maintaining 40mmHg.



Level 2: Same posture as level 1. Lift foot (inhale), straighten leg so thighs stay parallel to each other (exhale), bend knee (inhale), lower foot to starting position (exhale).



Level 3: Use something to slide foot in and out on, position alternate leg in 90 degrees hip flexion and 90 degrees knee flexion. Keep 90/90 leg stationary and maintain 40mmHg while sliding the opposite leg out (exhale), in (inhale).



Level 4: Both legs start in 90/90 (see level 3) and alternate kicking each leg out to a 45 degree angle while maintaining 40mmHg. Exhale as kick out, inhale as bring knee back toward chest.

Shallyn's Physical Therapy and Wellness Services
14950 Wellwood Dr.
Elbert, CO 80106
(719) 219-5865
shallynsptandwellness@gmail.com

