

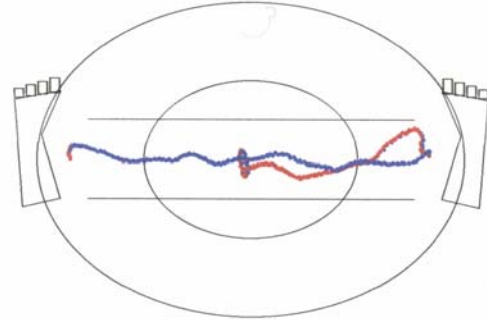
# Spinal Stabilization

--Pelvic stability, Pelvic Clock Exercises—with feedback

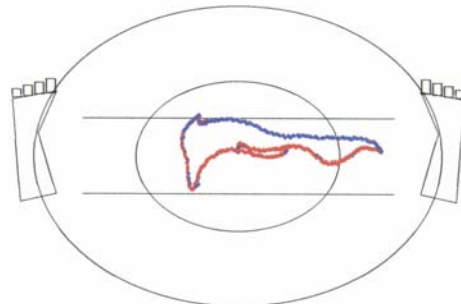
Rev.5-04

--Functional Activities

## Lumbar Lateral Shear

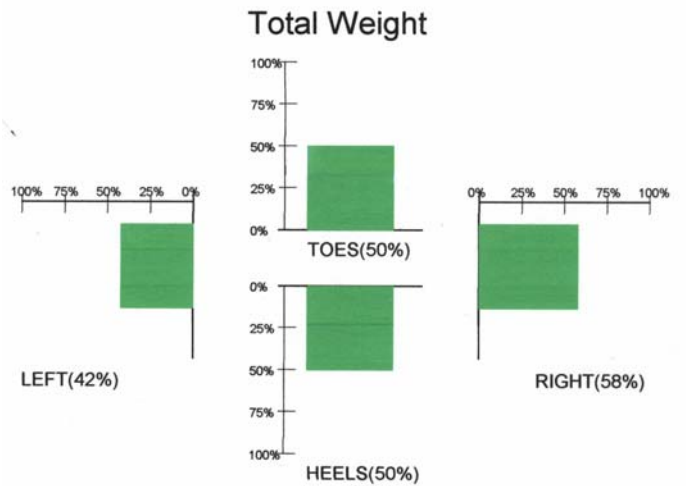


Good bilateral lateral shift- performed with computer-assisted biofeedback



Limited lateral lumbar shear

## Core Stabilization Exercises



Client attempts to maintain core stability as she raises her leg without trunk motion