



Know Your Joints

Muscle and Joint Care Suggestions

See our [Joint Care Program](#)
and [Lower Back Care Program](#)

THESE ARE SOME OF MY FAVORITE MUST DO LOWER BACK CARE CORE EXERCISES. I CALL THESE THE ESSENTIAL CORE EXERCISES. THESE SIMPLE MOTIONS NOURISH YOUR JOINTS, PROTECTS, AND STRENGTHENS. START WITH MODIFIED POSITIONS.

1. Planks (modified on knees) Hold for > 30 seconds for 1-3 sets or 10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight.



2. Sidebridge (modified on knees) Hold for > 30 seconds for 1-3 sets or 5-10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight.



3. Bridge (modified both feet on floor) Hold for > 30 seconds for 1-3 sets or 5-10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight.



4. BirdDog (modified only raise leg) Hold for > 30 seconds for 1-3 sets or 5-10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight.



5. Crunch Perform a crunch motion lifting head off floor, keeping head straight, using your abdomen muscles. At the same time you are doing the crunch try to keep your navel in by performing a draw in maneuver. You can have your arms by your side or you can place hands behind head. Keep one knee bent to spare back, switch bent knee halfway through set).

