



Name

Therapist

Date

Your Healthy Back exercises and programs are highlighted below. Go to www.healthyback.ca to select the following resources:

- Master Your Technique videos to learn the technique.
- Design Your Own Workout to set up these exercises in a playlist to complete the reps and holds.

DIRECTIONAL PREFERENCE

NEUTRAL

☐

FLEXION

☐

EXTENSION

☐

| MUSCLE GROUP | LEVEL 1
INTRODUCTION | LEVEL 2
BEGINNER
 | LEVEL 3
BASIC | LEVEL 4
INTERMEDIATE
 | LEVEL 5
INTERMEDIATE-PLUS | |
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 Transversus Abdominis (TA) Core & Diaphragm Muscles	☐TA: Activation & Breathing ☐TA: Supine Reach ☐TA: Overhead Reach ☐TA: Heel Lift <td> ☐TA: Supine & Overhead Reach ☐TA: Single Foot Hover ☐TA: Bent Knee Fallout ☐TA: Marching Heel Lift <td> ☐TA: Single Leg Lift ☐TA: Single Leg Extension ☐TA: Single Leg Lift + 2nd Leg Hover <td> ☐TA: Single Leg Drop ☐TA: Double Leg Lift ☐TA: Double Leg Lift + Alternate Leg Extension <td> ☐TA: Dead Bug ☐TA: Double Dead Bug <tr><td>  Gluteus Maximus (Glute Max) Buttock Muscle </td><td> ☐Glute Max: Lying Activation ☐Glute Max: Sitting Heel Press <td> ☐Glute Max: Mini Hinge Bridge ☐Glute Max: Mini Squat Against the Wall ☐Glute Max: Standing Hip Extension <td> ☐Glute Max: Hinge Bridge ☐Glute Max: Squat <td> ☐Glute Max: Stationary Half Lunge ☐Glute Max: Sit to Stand ☐Glute Max: Air Squat ☐Glute Max: Hinge Bridge + Single Leg Unload <td> ☐Glute Max: Marching Bridge ☐Glute Max: Hinge Bridge + Leg Lift ☐Glute Max: Donkey Kick <tr><td>  Gluteus Medius (Glute Med) Hip Abductor Muscle </td><td> ☐Glute Med: Standing Activation ☐Glute Med: Mini-Clam <td> ☐Glute Med: Reverse Clam ☐Glute Med: Zombie <td> ☐Glute Med: Clam ☐Glute Med: Reverse Clam + Lift ☐Glute Med: Straight Leg Hip Abduction ☐Glute Med: Standing Balance <td> ☐Glute Med: Standing Hip Abduction ☐Glute Med: Mini Fire Hydrant <td> ☐Glute Med: Side Lying Leg Circles ☐Glute Med: Bent Knee Hip Abduction + Elastic Band ☐Glute Med: Fire Hydrant <tr><td>  Serratus Anterior (SA) Side Rib Muscle </td><td> ☐SA: Activation in Mermaid ☐SA: Punch Lying <td> ☐SA: Activation in 4 Point ☐SA: Punch + Elastic Band Lying ☐SA: Punch Standing ☐SA: Wall Push-up ☐SA: Leg Slide 4 Point ☐SA: Hand Hover 4 Point ☐SA: Forearm Side Bridge on Knees <td> ☐SA: Side Plank from Knees ☐SA: Leg Lift ☐SA: Arm Reach <td> ☐SA: Side Plank ☐SA: Full Side Bridge ☐SA: Forearm Plank <td> ☐SA: Bird dog ☐SA: Side Plank + Arm Lift ☐SA: Side Plank + Leg Lift ☐SA: Punch Standing + Elastic Band <tr><td>  Stretches & Strength </td><td> ☐Single Knee to Chest: Back Stretch ☐Half Figure 4: Buttock Stretch ☐Lumbar Rotation: Supine Back Stretch ☐Triceps: Standing Stretch ☐Hamstring Stretch: Lying with Band <td> ☐Calf: Standing Stretch ☐Thoracic Rotation: Sidelying Stretch ☐Quadriceps: Side Lying Stretch ☐Child's Pose: Back Stretch ☐Figure 4: Buttock Stretch <td> ☐Hip Flexor Psoas: Kneeling Stretch ☐Adductor Goalie Stretch ☐Hamstring: Standing Stretch ☐Adductor: Standing Stretch ☐Quads Stretch Standing ☐Triceps: Dumbbell Lying ☐Pectoralis Fly: Dumbbells Lying <td> ☐Biceps Standing Dumbbell Curls ☐Triceps: Standing Elastic Band </td></td></td></td></tr></td></td></td></td></td></tr></td></td></td></td></td></tr></td></td></td></td></td></tr></td></td></td></td>	<div>☐TA: Supine & Overhead Reach</div> <div>☐TA: Single Foot Hover</div> <div>☐TA: Bent Knee Fallout</div> <div>☐TA: Marching Heel Lift</div> <td><div>☐TA: Single Leg Lift</div><div>☐TA: Single Leg Extension</div><div>☐TA: Single Leg Lift + 2nd Leg Hover</div><td><div>☐TA: Single Leg Drop</div><div>☐TA: Double Leg Lift</div><div>☐TA: Double Leg Lift + Alternate Leg Extension</div><td><div>☐TA: Dead Bug</div><div>☐TA: Double Dead Bug</div><tr><td><div></div><div>Gluteus Maximus (Glute Max) Buttock Muscle</div></td><td><div>☐Glute Max: Lying Activation</div><div>☐Glute Max: Sitting Heel Press</div><td><div>☐Glute Max: Mini Hinge Bridge</div><div>☐Glute Max: Mini Squat Against the Wall</div><div>☐Glute Max: Standing Hip Extension</div><td><div>☐Glute Max: Hinge Bridge</div><div>☐Glute Max: Squat</div><td><div>☐Glute Max: Stationary Half Lunge</div><div>☐Glute Max: Sit to Stand</div><div>☐Glute Max: Air Squat</div><div>☐Glute Max: Hinge Bridge + Single Leg Unload</div><td><div>☐Glute Max: Marching Bridge</div><div>☐Glute Max: Hinge Bridge + Leg Lift</div><div>☐Glute Max: Donkey Kick</div><tr><td><div></div><div>Gluteus Medius (Glute Med) Hip Abductor Muscle</div></td><td><div>☐Glute Med: Standing Activation</div><div>☐Glute Med: Mini-Clam</div><td><div>☐Glute Med: Reverse Clam</div><div>☐Glute Med: Zombie</div><td><div>☐Glute Med: Clam</div><div>☐Glute Med: Reverse Clam + Lift</div><div>☐Glute Med: Straight Leg Hip Abduction</div><div>☐Glute Med: Standing Balance</div><td><div>☐Glute Med: Standing Hip Abduction</div><div>☐Glute Med: Mini Fire Hydrant</div><td><div>☐Glute Med: Side Lying Leg Circles</div><div>☐Glute Med: Bent Knee Hip Abduction + Elastic Band</div><div>☐Glute Med: Fire Hydrant</div><tr><td><div></div><div>Serratus Anterior (SA) Side Rib Muscle</div></td><td><div>☐SA: Activation in Mermaid</div><div>☐SA: Punch Lying</div><td><div>☐SA: Activation in 4 Point</div><div>☐SA: Punch + Elastic	
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