

# YEOMANS-EDINGER CHIROPRACTIC CENTER, SC

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## McGill's "Big 4" Core Stabilization EXERCISES

NAME \_\_\_\_\_ DATE \_\_\_\_\_

### 1. Modified Sit-up



- 1) Hands under L-spine / curve
  - 2) Lift the sternum / head only slightly upwards towards the ceiling
  - 3) Hold 10 Seconds
- NOTE: Keep the lower back arched – no bending (flexion) allowed!

### 2. Stirring the Pot



- 1) Front plank
- 2) Move arms in a circle like "stirring a pot"
- 3) Control the core (no sagging!) stretch!).
- 4) "Stir" for 10 seconds

### 3. Side Bridge



1. Side plank – Keep the spine straight (avoid bending/flexion)
2. Top foot in front
3. Downside elbow directly under shoulder (pad under the elbow)
- 4) Grasp shoulder with the top-side hand to stabilize (pull down, elbow into chest)
- 5) Hold 10 seconds.

### 4. Bird-Dog



- 1) Quadruped / "Bird-dog" Position
  - 2) Keep core stiff and in a line (no twisting or dropping of an arm/leg)
  - 3) Hold 10 seconds
  - 4) "Sweep" the mat/floor with the RT knee/LT hand and return to the "Bird dog" position.
  - 5) Hold for another 10 seconds & repeat on the opposite side.
- OPTION:** To progress the exercise, "draw" a square with the hand and foot repeatedly