

Exercise Prescription: Side Plank- Wall

Purpose of Exercise:

This is a stability exercise to begin to learn how to stiffen the core and lock the rib cage to the pelvis.

Starting Position:

Standing beside a wall as shown. The leg that is close to the wall is behind you, the leg away from the wall is in front of you. The arm closest to the wall is raised and forearm is against the wall as shown (1). Make sure to stand up with good posture and maintain this throughout the exercise.

Exercise Description:

From the starting position, keeping your ribs and pelvis in line (do not let them rotate independently), pivot on the balls of your feet, bringing your opposite arm against the wall as shown (2). Shifting all your weight to the opposite arm, pivot on the feet and bring yourself up facing the opposite direction.

Repeat 8-12 times each direction. Stepping farther away from the wall will make this more difficult while moving closer to the wall will make it easier.

Make sure to maintain good spinal posture and core stability throughout this exercise. Do not twist through the spine.

Pictures:

