

CORE STABILITY CHART

Physical Therapy Progress Tracker

Ref: PT-CORE-2024

Patient Name: _____

Date: _____

EXERCISE & TECHNIQUE

SETS/REPS

HOLD

FREQUENCY (M T W T F
S S)

Pelvic Tilt

2 x 15

5 sec

Flatten lower back against floor,
engage deep abdominals.

Dead Bug

3 x 10

--

Opposite arm/leg extension. Keep
spine neutral.

Bird Dog

3 x 8

3 sec

Quadruped position. Avoid arching
back or tilting hips.

Modified Side Plank

3 Sets

30 sec

From knees. Maintain straight line
from head to knees.

Glute Bridge

2 x 12

2 sec

Squeeze glutes to lift hips. Do not
over-arch lumbar.

Therapist Notes & Precautions:

* Stop exercise immediately if you experience sharp pain or radiating symptoms.