



Transverse Abdominus Isometric

Virginia Mason Physical Therapy

- Lie on your back with your knees bent and feet on the floor
- Breathe normally
- Rest your hands over your lower abdominal/pelvis
- Gently draw in the muscles under your fingers. Think about small zippers pulling inward under your fingers
- Hold five seconds and repeat 10 times
- Continue to breathe normally
- Perform this exercise two times daily

Watch this video at [VirginiaMason.org/SpineExercises](https://www.virginiamason.org/SpineExercises)