



Tel: (065) 6840757

## **Core Stability and Trunk Strengthening Exercises**

Lying on your Tummy with head straight – forehead on floor

Stretch your hands straight out above your head

Lift the arms one at a time straight up towards the ceiling, keeping the arms as close to the head as possible. Return to floor and move the other side. Do not lift the chest off the floor if possible

Lying on your Tummy with head straight – forehead on floor

Stretch your arms straight out to the side at shoulder level. Lift both arms up off the floor together as far as possible. Bring shoulder blades together at the back.

Lying on your Tummy with head straight – forehead on floor

As in the previous exercises lift your left up and out behind you but now move it towards the opposite side of the body (crossing) your legs behind you) trying to reach the floor if possible. Allow the hip on the side you are moving to lift off the floor so that the lower trunk is rotating backwards.

### **Kneeling on all fours**

Flatten the curve in the lower back by pulling the belly button inwards towards the back bone. Do not arch the back upwards. Keep the lower back and pelvis as still as possible. Then...

Move one knee forward to touch the wrist on the same side and return to starting position.

To progress - move the knee to the wrist and then stretch / lift it right out behind in line with the rest of the body or higher (as in the superman exercise). An alternative is to move the knee towards the opposite wrist or elbow.

Take your hand on one side and move it under your body towards the outside of the opposite hip (drop on the moving side and rotate at the shoulders). Then smoothly reverse direction to move the hand back, straightening the arm until fully outwards and upwards away from the body. Return the hand to supporting under the shoulder and repeat on the other side.

### **Front Plank**

Support yourself on your elbows and toes. You can bend your toes back and wear shoes if you wish. Don't push body backwards – keep your elbows directly below the shoulders.

Lift hips to make a straight alignment between the shoulders, hips and ankles. Take care not to have the hips too high or too low. In the plank then tilt the pelvis to ensure 'neutral' position by pulling your belly button towards your spine and flatten the arch in the back. Hold this position.

### **Side Plank**

Have the arm out from body at 90°. Have the legs straight with the ankles on top of the other.

Ensure body is not rolled either back or forwards – the other shoulder should be directly overhead the other one. Ensure one hip is directly overhead the other one too and that the arch of the back is in



Tel: (065) 6840757

neutral (tilt the pelvis with belly button and bum tucked in). Non supporting arm along the side of the body

Lift the hips off the floor until the body is in straight alignment. Adjust the pelvis if needed, keep breathing steadily – don't hold breath or strain – Hold as long as possible.

## **Lying on Back**

### **Back Plank / Bridging**

Lying with your knees bent up and feet flat on the floor. Keep knees and ankles together.

Flatten back onto floor – tilt pelvis backwards and flatten lumbar area onto floor.

Lift hips off the floor until the body is in alignment between shoulders hips and knees.

Do Not extend or arch your back – tilt the pelvis to correct position as necessary by pulling in belly button and tucking in the bum.

Progress by doing with one leg at the time – keep the un-supporting leg aligned / the thighs together.

Progress further by placing a ball under your supporting foot / feet/

Progress by holding the position while moving the non-supporting leg up and down / in and out.

## **Sitting**

Sit up straight first. Sit as tall as possible, while not arching your back.

Use a stick / golf club / arms out to side at shoulder height

Rotate to left and right as far as possible

Progress using resistance bands

Sit up straight as above and use light weights while holding trunk steady.

**Foam Roller** – roll along the middle part of the back.

## **Functional Exercises**

Walking Drills +/- using hand held weight.

Stand up tall + relaxed - shoulders back, collar bones lifted, lower back flattened, lower belly pulled in, bum pulled in

High Knee Stepping - walking forward. Keep hips level and trunk still. Lift the opposite arm up level with shoulder.

High knee stepping and walking forward, rotate body to opposite side to leading leg, step forward with other leg, rotate body away to opposite side.

Balance on one leg. Bend from the hip and keeping body straight + in good alignment reach forward with hands and counterbalance with other leg out behind you.