

Personal exercise program

core exercises

Spire Healthcare

Spire Bushey Hospital

Heathbourne Road, WD23 1RD, Bushey, Herts, United Kingdom

Provided by Brett Hutchinson

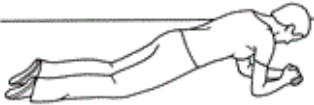
Provided for brett hutchinson

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START POSITION: On hands and knees with the knees under the hips and the back relaxed in a neutral position.

ACTION: Pull the stomach up and in by hollowing the lower lateral abdominal wall. Assist this contraction by pulling up and in with the pelvic floor muscles. You should feel a pulling sensation low in the groin. Do not allow the upper lateral abdominal wall to lead or take over the hollowing contraction. Do not allow the back to move or lose position. Hold and sustain a consistent contraction with minimal effort. Hold for _____ secs. Repeat _____ times. (adpt Richardson & Jull)

Lying face down. Support your body weight on your forearms and knees.



Tighten your stomach muscles and keep your neck and back straight.

Hold _____ seconds.

Repeat _____ times

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Lie on your side with your knees bent. Support your body weight on your forearm and knee. Straighten your top leg.



Tighten your stomach muscles and keep your neck and back straight.

Hold _____ seconds.

Repeat _____ times.

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Lying on your back with knees bent and feet on the floor.

Lift your pelvis and lower back (gradually vertebra by vertebra) off the floor. Hold the position. Lower down slowly returning to starting position.

Repeat _____ times.

Lie on your side with your knees bent. Tighten your pelvic floor muscles and gently pull your lower stomach in.



Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together during the exercise.

Repeat _____ times.