

Personal exercise program

Early core stability

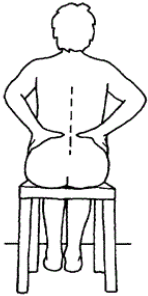
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PHYSIO + REHAB

Warwick Physio and Rehab

Warwick Physiotherapy & Rehabilitation

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Provided by Nicky Parker
Provided for Website Website
Training start date 16/10/2019

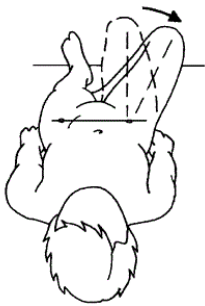


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START POSITION: Sit tall with the shoulders directly over the pelvis and the back in a slight normal arch.

ACTION: Steadily push the thumbs or fingertips into the deep low back extensor muscles at the appropriate level with firm pressure. Hold this pressure. Slowly try to tighten the low back extensor muscles to cause them to swell out into the fingertips. Try to achieve symmetrical activation. Do not let pelvis move or lose the slight back arch. This contraction may need to be performed at multiple levels.

Hold for _____ secs. Repeat _____ times. (adpt Richardson & Jull)



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START POSITION: Lie on the back with one leg bent and the heel beside the straight knee. The back should be flat and the pelvis should be level without any twist.

ACTION: Hollow the abdominals to keep the back flat(transversus) and slowly let the bent knee lower out to the side. Do not let the pelvis twist or rotate at all. ONLY move the leg as far as the flat back and level pelvis allow. Slowly return to the start position maintaining control of the pelvis during the return.

Repeat 5 times. L R (adpt Sahrmann PhD, PT)

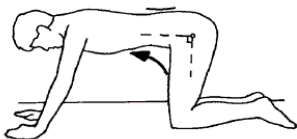


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START POSITION: Lie on back with legs bent and feet together.

ACTION: Pull stomach up and in by hollowing lower lateral abdominal wall to flatten back gently onto floor. Assist this contraction by pulling up and in with the pelvic floor muscles. You should feel a pulling sensation low in groin. Do not allow the upper lateral abdominal wall to lead or take over the hollowing contraction. Do not allow back to arch off floor (give into extension). Do not allow back to flatten too hard onto floor or let the stomach bulge forward (give into flexion). Hold and sustain a consistent contraction with minimal effort.

Hold for _____ secs. Repeat _____ times.



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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)