

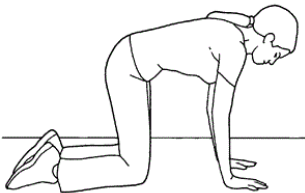
Personal exercise program

Pilates exercises



Warwick Physio and Rehab
Warwick Physiotherapy & Rehabilitation
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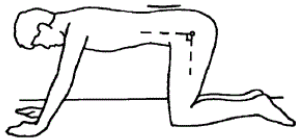
Provided by Nicky Parker
Provided for Website Website
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Crawling position. Arch and hollow. Tucking head under on arch and looking forward on hollow.

Repeat 5 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. (Feet relaxed).

ACTION: Keeping the back flat, slowly rock backwards moving at the hips. Do not let the back bend or arch. Move backwards towards the heels until you feel the pelvis start to give.



Repeat 5 times. (adpt Sahrman PhD, PT)

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Lying with your knees bent and feet on the floor. Lift your knees towards your chest.

Place your hands behind both knees and draw them towards your chest.

Repeat 5 times.

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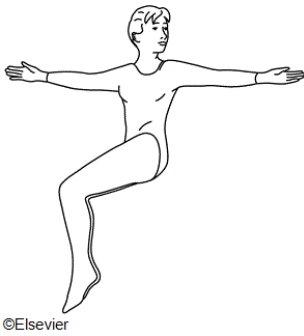


START POSITION: Lie on the back with both legs straight. Bend one hip to 90 degrees and hold the thigh in this position. The knee should be relaxed.

ACTION: Holding the thigh in position, slowly straighten the knee until a stretch is felt at the back of the thigh. Sustain this stretch.

Hold for secs. Repeat times. L R

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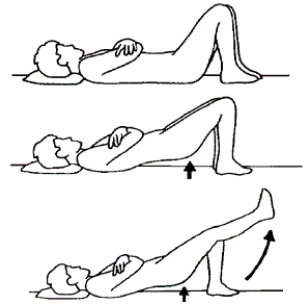
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Breathing out - maintaining abdominal muscle control, continue turning the body and arm as a unit until the arm rests on the floor or, if back rotation is limited, on a suitable support.

Breathing in - maintaining abdominal muscle control, reverse the motion, keeping the upper body and arm as a unit until the arm once again reaches for the ceiling.

Breathing out - further engage the abdominal muscles and continue turning the body and arm as a unit back to starting position.

Repeat 3 - 5 times on each side.



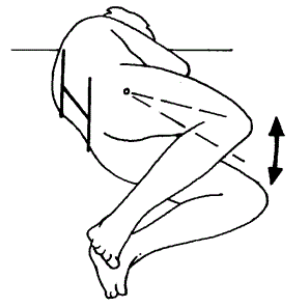
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START POSITION: Lying on back with legs bent and feet together.

ACTION: Hollow the stomach and gently squeeze the buttocks to lock the back flat and keep the pelvis level. Keeping the back controlled slowly lift pelvis just clear of the floor. Do not let the back sag into flexion or arch too high.

Just focus on first 2 pictures!

Repeat 5 times.

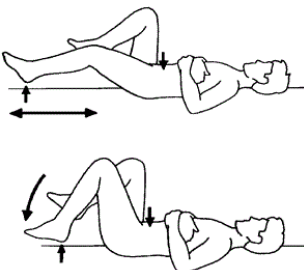


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START POSITION: Lie on the side with the pelvis square and the hips and knees bent. Hollow the stomach to straighten the back to a neutral position

ACTION: Leaving the heels together, slowly lift the top knee by turning the hip out without letting the back or pelvis twist. ONLY move as far as a stable back and pelvis allow. Slowly return to the start position maintaining control of the pelvis during the return.

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

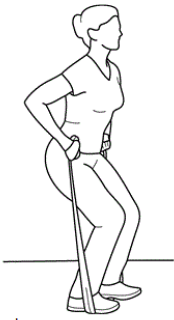


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START POSITION: (SAHRMANN level III) Lie on back with both feet lifted and hips flexed to 90 degrees.

ACTION: Initiate lower lateral abdominal hollowing with activation of transverse abdominals to flatten back. SUSTAIN this contraction. Maintaining this hollowing contraction, slowly lower one heel until it is 5cms above the floor. Keeping the heel off the floor, slowly extend the leg out. ONLY extend the leg as far as trunk control allows. Slowly return to the start position with control.

Hold for _____ secs. Repeat _____ times. L R (adpt Sahrman PhD, PT)



Aim: The squat is an excellent closed-chain exercise for the entire leg.

Instructions:

Begin by holding the bands by your side. Stand on the middle of the band with both feet. Grasp the ends of the band at hip level. Perform squat, keeping back and elbows straight. Hold and slowly return.

TIPS: Keep your back straight and knees pointing forward. Don't allow your knees to rotate inward or outward

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