

Core strengthening exercises

Here is the start of your core strengthening program. It is so important to do these exercises at least twice daily am and pm and if you can fit another session in the day this would be an added bonus!

It is important to warm up the back first, so before you begin I want you do the '**Short and long leg**' exercise.

Start with both legs straight out in front, and place a small rolled towel under the knees, just to take some pressure away for the lower back. The arms should be by the side.

- Start by squeezing the buttock muscles, then flex the right foot pulling the toes towards you but keeping the leg straight and then push the leg away from the hip and hold for 4 seconds then release the stretch, but do not hitch the hip back into the joint just let the leg release gradually. Then repeat this on the other side and do this twice on each leg.

Then go into the CRP position as explained below:

- Laying on your back with your legs out in front, bend the right leg and measure the foot against the left knee and take this leg out hip distance, then bend the left knee measure the left foot against the right one and then take this leg out to hip distance so that you will be in the below position.



Whilst in this position squeeze the abdominals down and hold for 4 seconds and release and repeat this 4 times. Then squeeze the buttocks hold for 4 seconds and release and repeat 4 times.

Pelvic tilt

- Keeping in the same position as above, push the lower part of the back into the floor by tightening your abdominals and buttocks then rotate the pelvis upwards but keep the back on the floor hold for 5 seconds then release returning to the starting position. Relax for 5 seconds and repeat 4 times.



Try this for the first 2 weeks and then very slowly attempt to try a low bridge below.

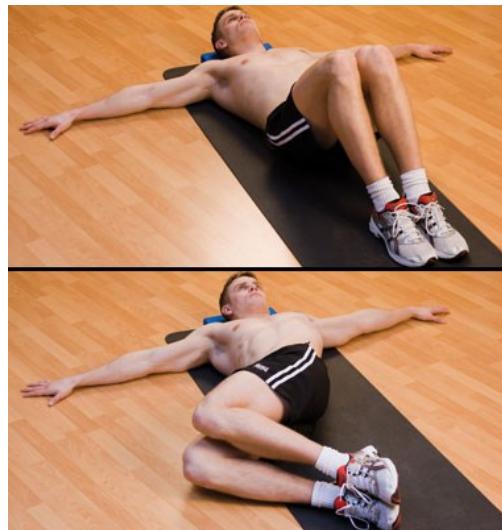
Low Bridge

- Start this exercise as if you were going to do a pelvic tilt but this time, keep lifting the low back away from the floor. Keep the bridge low – do not lift the upper back away from the floor. Hold for 5 seconds then release and repeat this twice only. As your core will develop we can take the bridge higher.



Next we will work on strengthening the oblique's by using the **knee roll**.

- When you have finished either the pelvic tilt or Bridge, take the arms out to side and slowly roll the knees to the right and hold for 8 seconds then bring back to centre and hold for 4 seconds. Repeat this on the other side then bring back to the central position and repeat this twice on each side.



Knee hug

- This is a release position to stretch out the back muscles and release the abdominals. After you have come back to centre from the knee roll hold bring one leg into the chest hold for

10 seconds then release and bring the leg back down so that you are in neutral (CRP) position then wait for 5 seconds and then repeat on the other leg. You need to repeat this twice.



Whenever you have the opportunity perform a **standing pelvic tilt**

- Stand with your feet parallel and knees soft then squeeze your abdominals and then your buttocks. Hold for 5 seconds release coming back to normal posture and repeat this 4 times.



Depending on the development with the core strength, in 3 weeks we may be able to increase the times and frequency and introduce a couple more exercises.