

PATIENT INFORMATION

Setting your core

Neutral Spine Position / Pelvic Tilt in Crook Lying

Place your thumbs and index fingers together creating a diamond shape

Place your thumbs just below your tummy button with your fingers resting on your pubic bone

Imagine a marble in the centre of the diamond

Try to roll the marble forwards to touch your finger tips and then back to touch your thumbs – see photos below

Find the mid- point – this is your *neutral spine* position, we will refer to this throughout the class and is the best position to activate your transverse abdominis muscle

Neutral spine



Anterior Tilt



Posterior Tilt



Pelvic Tilt in 4 Point Kneel

On hands and knees with knees under the hips and back relaxed in a neutral position

Lengthen your head away from your trunk and draw your shoulder blades down your back

Pull your stomach up and in, imagine a piece of string attached to your belly button and someone pulling it up towards the ceiling – this is your neutral spine position in 4 point kneel

Tilt your pelvis under as if you have a tail and are tucking your tail underneath you

Then arch your lower back down

Return to the *neutral spine* position

Neutral spine



Anterior Tilt



Posterior Tilt



Pelvic Tilt in Sitting

Imagine your pelvis as a bucket of water

Tilt your pelvis forwards, tipping the water out the front of the bucket

Then tilt your pelvis backwards, tipping the water out the back of the bucket

Neutral Spine



Anterior Tilt



Posterior Tilt



Shoulder bridge

Find your neutral spine position lying on your back with knees bent

Peel your tailbone off the floor/bed and slowly lift one vertebra at a time

Hold 5-10 seconds

NB. Keep the knees in line with the hips and keep pelvis level



One leg stretch

Find your neutral spine position lying on your back with knees bent

Imagine a tray of drinks resting across your hips

Slowly slide one leg away from you and slide it back in

Alternate legs

Progression: hover heel off floor/bed



Clam

Find your neutral spine position lying on your side with knees bent, feet in line with hips and body

Imagine a grape between your side and the floor, you don't want to squash the grape

Lift your top knee keeping your feet together - do not let your hips roll backwards

Progression: hover both feet off the floor

Further Progression: straighten the underneath leg and hook the top foot over the calf



For further assistance or to receive this information in a different format, please contact the department which created this leaflet.