

PATIENT INFORMATION

Core Strength & Mobility Exercises



Location Torbay Hospital, Physiotherapy Outpatients
Department.

When Tuesday afternoons 4pm-5pm

Or Friday mornings 11-12pm

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

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Working with you, for you

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



4 Point Kneel with Combined Arm and Leg Lift

Find your neutral spine position in 4 point kneel, keep your chin tucked in towards your throat

Maintain this position as you raise opposite arm and leg

Make sure you do not arch your lower back or sway your hips across to one side



4 Point Kneel with Arm Lift

Find your neutral spine position in 4 point kneel, keep your chin tucked in towards your throat

Maintain this position as you raise one arm out in front of you off the floor

The higher you lift your arm the more challenging the exercise

Make sure you do not shrug your shoulder up towards your ear



4 Point Kneel with Leg Lift

Find your neutral spine position in 4 point kneel, keep your chin tucked in towards your throat

Maintain this position as you slide your leg out behind you

If this is too easy raise the foot off the floor

Make sure you do not arch your lower back or sway your hips across



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



Shoulder Bridge Level 2

Once in a bridge position extend one leg forwards reaching for the wall in front of you



Shoulder Bridge Level 3

Start the exercise with one leg extended out in front of you and peel up into your bridge on one leg



Shoulder Bridge with theraband

Tie the band in a loop just below your knees with your feet and knees together

Bring your feet and knees hip width apart (shoulder bridge start position) so you are adding tension to the band

Peel up into your shoulder bridge whilst pushing out against the band

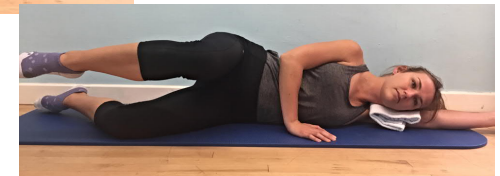


Side Kick Level 1

Find your neutral spine position lying on your side with hips and knees bent, resting head on an outstretched arm, feet in line with hips and body and top hand resting on floor

Draw the top hip downwards away from your shoulder, imagine a grape between your side and the floor, you don't want to squash the grape

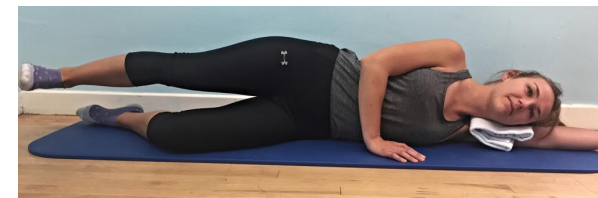
Lift the top leg to hip height, imagine your leg resting on a coffee table and slide your leg forwards to a right angle at the hip whilst keeping the knee bent, ensure you do not let the leg drop below hip height



Side Kick Level 2

Start position as side kick level 1 but with top leg straight

Repeat the exercise but with your top leg straight and work within your comfortable range. Do not let your hip roll backwards



Swimming Level 2

Start position as swimming level 1 with elbows bent, hands slightly wider than shoulder width resting on the floor

Reach your arm forwards as you hover the elbow and hand off the floor

Do not let your shoulder shrug up towards your ear

Lower back down and repeat with the other arm



Swimming Level 3

Start position as swimming level 2

Raise opposite arm and leg, concentrate on length rather than height



One Leg Stretch Level 1

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

Slide one heel along the floor away from you

Slide your heel back towards you to the neutral spine position

Imagine a tray of drinks resting across your hips, do not let your pelvis tilt to one side, letting the drinks spill



One Leg Stretch Level 2

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

Slide your heel in towards your buttocks and float your leg up to 90 degrees (table top position)

Extend the leg forwards and upwards

Fold leg back to table top position and place down on the floor



Double Leg Stretch Level 1

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

Raise arms up to 90 degrees above you with palms facing each other

Lower your arms overhead whilst at the same time extending the opposite leg out in front of you



Double Leg Stretch Level 2

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

Raise arms up to 90 degrees above you with palms facing each other

Slide your heel in towards your buttocks and float your leg up to 90 degrees (table top position)

Repeat with the other leg (double leg table top)

Lower your arms overhead whilst at the same time extending the opposite leg out in front of you

Return to table top position and repeat with the opposite arm and leg



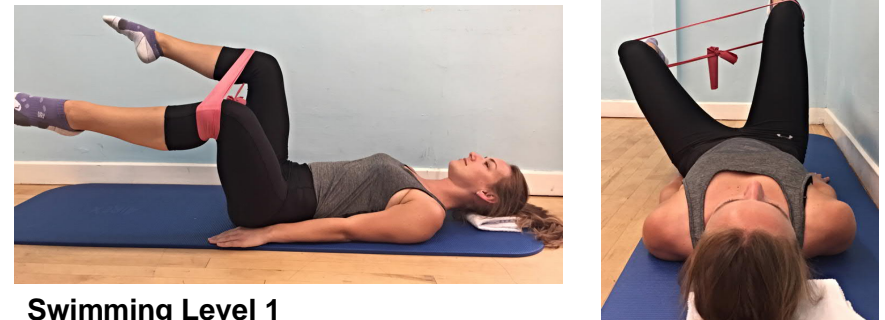
Hip Twist with theraband

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

Tie band in a loop just below your knees

Slide your heel in towards your buttocks and float your leg up to 90 degrees (table top position) and repeat with the other leg (double leg table top)

Repeat level 3 whilst pulling out against the band and maintaining double leg table top position



Swimming Level 1

Lie on your front resting your forehead on a rolled up towel, draw your shoulder blades down your back

Find your neutral spine in this position by imaging a piece of string attached to your belly button pulling you up towards the ceiling—maintain this position throughout the exercise

Squeeze your buttocks together and hover one leg off of the floor stretching your foot away from you

Lower down and repeat on the other leg



Hip Twist Level 1

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

Take one knee out away from your body

Draw the knee back in towards the body

Imagine a tray of drinks resting across your hips, do not let your pelvis tilt to one side, letting the drinks spill



Hip Twist Level 3

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

Take one knee out away from your body

Draw the knee back in towards the body

Imagine a tray of drinks resting across your hips, do not let your pelvis tilt to one side, letting the drinks spill



Hundreds Level 1

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

Hover your arms above the floor

Pulse your arms in a small movement

Breathe in for 5 pulses and breathe out for 5 pulses

Repeat this 10 times for 100 pulses



Hundreds Level 2

Slide your heel in towards your buttocks and float your leg up to 90 degrees (table top position)

Repeat the above exercise



Hundreds Level 3

Slide your heel in towards your buttocks and float your leg up to 90 degrees (table top position) and repeat with the other leg (double leg table top)

Repeat the above exercise



Clam

Find your neutral spine position lying on your side with knees bent, resting head on an outstretched arm, feet in line with hips and body with top hip pointing towards the floor

Draw the top hip downwards away from your shoulder, 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



Clam Level 2

As clam start position

Raise your feet off the ground

Complete the above exercise in this position



Clam Level 3

As clam start position with underneath leg straight and top foot hooked behind the underneath knee

Complete the above exercise in this position



Clam with theraband

Start position as with either level 1 or level 2 with the band tied in a loop just below your knees

Complete the above exercise in this position, lifting your knee up against the tension of the band

