

Notes : Keep using heat on your lower back when possible. Try to do the exercises little and often. They will be sore to do but try using heat before you do them.



1 Anterior pelvic tilt
Sets: 3 Reps: 5 Hold: 10

GEN98130



2 Cat and dog stretch
Sets: 3 Reps: 5 Hold: 10

GEN95254



3 Lumbar extension
Sets: 3 Reps: 5 Hold: 10

XGEN2094



4 Lumbar rotation stretch
Sets: 3 Reps: 5 Hold: 10

XGEN222



5 Repeated lumbar extension
Sets: 3 Reps: 5 Hold: 10

XGEN2213



6 Stretching hip flexion
Sets: 3 Reps: 5 Hold: 20

XGEN1650



7 Lumbar flexion stretch
Sets: 3 Reps: 5 Hold: 20

XGEN339



8 Transverse recruitment
Sets: 5 Hold: 10

GEN13896



9 Scissors Level 1
Sets: 1 Reps: 5-10

APP88986



10 Clam Level 1
Sets: 1 Reps: 5-10

APP88930

8 Transverse recruitment



Sets: 5 Hold: 10

Lay on your back on a firm, flat surface with your knees bent, feet flat and head supported on a pillow.

Place your hands just above your hip bones in front and slightly toward the centre of your belly on each side to monitor the contraction of the transversus abdominis muscle.

Find your neutral spine position by slowly rolling your hips backward to press your back toward the surface, then slowly roll your hips forward to lift your back away from the surface. Slowly move between these two positions to find your most comfortable position. This is your neutral spine position.

Keep your neutral spine position throughout the exercise.

Gently pull your belly button toward your spine (abdominal bracing), you should feel a slow and deep tension under your fingers without any superficial abdominals activation (rigidity of the rib cage) or any movement of the pelvis.

Hold the contraction for the recommended time.

9 Scissors Level 1



Sets: 1 Reps: 5-10

Start Position:

Lie on your back with your knees bent up in the Pilates Rest Position. Legs hip width apart, shoulders drawn down and in and your neck long. Centre Engaged.

Action:

INHALE to prepare.

EXHALE, slide your right foot inwards towards your sitting bone and float this leg into tabletop

INHALE and hold the tabletop position.

EXHALE, lower your right leg to the mat.

Repeat alternating legs.



Nuffield Health
Epsom Gateway
Ashley Avenue, Epsom KT18 5AL
0303 123 1203
www.nuffieldhealth.com

exercises
Client
1304501 1304501
Online access
<http://hep.physiotec.ca>

Username
PPK7XG7YA9XV7EV

10 Clam Level 1



Sets: 1 Reps: 5-10

Start Position:

Lie on your side with your shoulders and hips stacked.
Underneath arm outstretched in alignment with the trunk.
Ensure your back is in neutral and your centre is engaged. Hips bent to approx.45 degrees and knees bent to 90 degrees.

Action:

INHALE to prepare.

EXHALE, lift the top knee upwards keeping the feet together.

INHALE, lower the top knee onto the bottom leg.