



"Helping you to reach your full potential"

utreach Physio



Pilates based back exercises:



Lie on your back with your knees bent and your feet flat on the floor. Your feet, ankles, and knees are aligned and hip-distance apart. This exercise starts in neutral spine. In neutral spine, the natural curves of the spine are present so the lower back is not pressed into the mat. Tilt your pelvis by engaging your abdominal muscles, pulling them in so that your bellybutton moves down toward your spine.

Come to rest on your shoulders at the level of your shoulder blades, with a nice straight line from your hips to your shoulders. Do not arch beyond this point. Support this movement with your abdominals and hamstrings.

Lower back down slowly, and repeat 3-5 times.



Start on your hands and knees. Your hands are directly under your shoulders and your knees are directly under your hips. Make your legs and feet parallel and hip distance apart. Back is in

neutral spine.

Inhale: Extend your right arm straight in front of you and your left leg straight behind you at the same time. Your arm and leg will be parallel to the floor. Balance. Hold one to three breaths. Return to hands and knees. Repeat with opposite arm and leg. (5 reps each side).



Begin on your hands and knees. Your hands are directly under your shoulders, and your knees are directly under your hips. Your toes can be curled under if that is comfortable. Engage your abdominal muscles to support your spine so that you have a straight line from your ear to your hip. Inhale. Then, on your exhale, pull your abdominal muscles in and up as you arch your back way up like a stretching cat. At the same time, let your head and tailbone drop down toward the floor. From this position, use an inhale to reverse the curve of the spine. Your tailbone moves up and your chest moves forward and up. Your neck moves as a long extension of your spine. Don't let your head fall back.

Repeat the exercise - going from arched to dipped position slowly, with the breath at least three more times.




Lie on your back with your knees bent up and feet flat on the surface.

Keep your knees together and roll them steadily from side to side. If you have a lot of mobility you may be able to get your leading knee to touch the surface.

Often you will not be able to allow a large movement initially as it may be uncomfortable, so keep a smooth and gentle motion going within your comfort zone.


There is very little rotation in the lumbar spine but nevertheless this movement is often uncomfortable in

A person is lying on their stomach on a blue mat. Their legs are straight and extended behind them, and their arms are extended forward. They are lifting their head and upper back off the mat, creating a slight arch in the lower back. The background is a plain, light-colored wall.

Lie on your stomach with your legs together. Keep your arms along your sides. Lift your abdominal muscles away from the mat. Extend through your spine and out the top of your head to lift your upper body slightly off the mat.

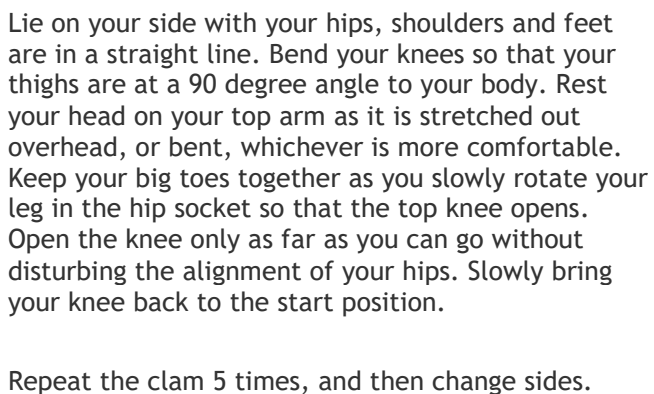
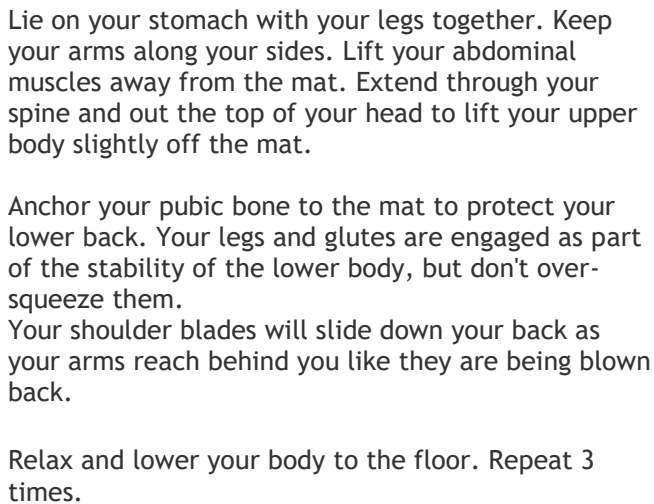
Anchor your pubic bone to the mat to protect your lower back. Your legs and glutes are engaged as part of the stability of the lower body, but don't over-squeeze them. Your shoulder blades will slide down your back as your arms reach behind you like they are being blown back.

Relax and lower your body to the floor. Repeat 3 times.

A person is lying on their side on a green mat. Their knees are bent at a 90-degree angle, and their feet are flat on the floor. They are lifting their hips off the mat, creating a clamshell shape. Their arms are extended forward, and their head is resting on their top arm. The background is a plain, light-colored wall.

Lie on your side with your hips, shoulders and feet are in a straight line. Bend your knees so that your thighs are at a 90 degree angle to your body. Rest your head on your top arm as it is stretched out overhead, or bent, whichever is more comfortable. Keep your big toes together as you slowly rotate your leg in the hip socket so that the top knee opens. Open the knee only as far as you can go without disturbing the alignment of your hips. Slowly bring your knee back to the start position.

Repeat the clam 5 times, and then change sides.

[illegible]

Lie on back, keep left shoulder down and bring left leg across your body, pulling your knee with your right hand. Hold and repeat on opposite side. Let your glutes and hip come off the floor slightly