

Core Strengthening

Core strengthening is important for both the prevention and treatment of various musculoskeletal conditions. Core strengthening improves the body's ability to stabilise and balance the spine during movements.

Pelvic Tilting and Lower Abdominal Activation

- Lie on your back with knees bent at 90°.
- Flatten then arch your back and find the central point between these 2 positions. This is your 'reference' point.
- Contract lower abdominals by drawing navel in towards the spine.
- Hold contraction for 30 seconds then repeat while breathing slowly

Supine Bridge

- Lie on your back with knees bent at 90° and shoulder width apart.
- Contract buttocks.
- Move vertebrae by vertebrae to lift buttocks up and off the floor.
- Bring the knees, hips and shoulders in line. Slowly lower

Leg Lifts

- Lie on your back with knees bent at 90° in 'reference' position
- Slowly lift leg to bring the shin horizontal to the ground.
- Slowly lower and repeat with the other leg

4-Point Kneeling with Arm and Leg Raise

- On your hands and knees assume 'reference' position and contract lower abdominals
- Extend opposite arm and leg straight out, horizontal to the ground

Side Plank

- Lie on your side with elbow directly below shoulder, upper foot resting on lower. Knees slightly bent so that ankles, hips and shoulders are in line
- Slowly raise your hips up until body and legs form a straight line.
- Hold for 10-15 seconds.

Squats

- Standing, feet slightly more than shoulder-width apart, feet facing forward.
- Push down through heels and move hips back to bring knees to 80-90°.
- Press all weight through heels to push up to standing.
- Ensure knees do not go over toes.

