

Core Stability Programme

Transversus Abdominus

Place your fingertips on your lower abdomen just inside your hip bones and attempt to pull your navel back in towards your spine or cough once. Do not hold your breath and breathe freely and deeply for about 4 breaths.



Straight Leg Raise

- Lie on your back
- Keeping your leg straight activate your transversus abdominus and raise your leg approximately 6 inches
- Hold for 5 seconds. Repeat this exercise 10 times



Leg Extensions/Scissors

- Lie on your back. Raise your legs and bend them so that you form a right angle at your hips and knees
- Keeping your hips completely still, lower and straighten out one leg so that your heel is about 6 inches from the floor
- Return to the original position and repeat on the other leg so that your legs are moving past one another like scissors
- Repeat 10 times with each leg



Hip Extension

- Start on all fours. Your hands under your shoulders and knees under hips
- Tighten tummy and slowly raise your leg straight up towards the ceiling so that it is level with your torso
- Hold for 3-5 seconds. Repeat 10 times



Closed Chain Bridging

- Begin this in lying with hips and knees bent so that your feet or flat on the bed/floor
- Tighten in your tummy muscles, squeeze your bottom and raise your bottom and then spine off the bed. Try to keep your pelvis level and aim to get your shoulders, pelvis and knees level
- Hold for 5 seconds and repeat 10 times. Perform 3-5 sets



Abdominal Sit-Ups

- Tighten tummy and do a small sit-up by lifting shoulders off the bed/floor
- Perform 3-5 sets of 10-20 sit-ups



Superman

- Lie face down on a mat with your arms stretched above your head (like superman)
- Raise your right arm and left leg about 5-6 inches off the ground (or as far as you comfortably can)
- Hold for 3 seconds and relax
- Repeat with the opposite arm and leg
- This exercise can also be performed while on all fours



Combined Abdominal Sit-up

- Place football between your knees and squeeze gently. As you sit-up lift your feet off the bed to draw your knees and chest towards each other
- Perform 3-5 sets of 10-20 sit-ups



Lowering and Raising Legs

- Lie with your back flat on the floor and your legs raised above your hips towards the ceiling
- Keeping your legs straight slowly lower your legs until the heels are about 6 inches from the floor and then raise them back to the starting position
- Spend 10 seconds performing this movement
- Repeat this exercise 10 times



Bridging With Leg Raise

- Begin with same position of bridging described earlier
- Tighten tummy and slowly raise right leg so that your torso and leg is straight. Make sure to hold your pelvis steady not letting it drop
- Hold for 5 seconds. Repeat 10 times



The Plank

- Lay on your front with your forearms resting on the floor and your shoulders directly above your elbows
- Straighten your legs out behind you and lift up your hips to form a straight line between your shoulders and ankles. You should be balanced on your forearms and toes, with your lower abdomen and back working to keep your body straight. Hold for 30 seconds



Side Plank

- Lay on your side with your forearm resting on the floor and your shoulders directly above your elbows
- Straighten your legs out and lift up your hips to form a straight line between your shoulders and ankles. You should be balanced on your forearm and foot, with your side flexors, lower abdomen and back working to keep your body straight. Hold for 30 seconds. Repeat on the other side



Back extensions

- Lay face down over the ball with your feet resting on the floor
- Place your hands behind your head and slowly straighten your back so that your torso and shoulders lift off the ball to form a straight line
- Hold this position for 5-10 seconds and repeat 10 times



Bridging

- Sit on the floor with your knees bent and lie back on the ball with support going through your head and shoulders
- Raise your bottom up from the floor by squeezing your gluteal muscles until your knees are at right angles and your body straight like a 'bridge'
- Hold for 10 seconds in this position and then lower. Repeat 10 times



Abdominal Crunches

- Begin this exercise in the bridging position
- Press through your feet to roll the ball under your lower back and at the same time tighten your stomach muscles and curl your shoulders up from the ball. Slowly lower again from this position.
- Repeat this exercise 10-20 times



Abdominal twists

- Begin this exercise in the bridging position
- Support from the ball should be on your upper back
- Keeping your hips and body parallel to the floor rotate your shoulders to the right with your arms extended to the ceiling, and repeat the same to the left
- Repeat movements left and right slowly and perform 10 repetitions to each side

