**Exercise Program**

**Welcome to your Stabilising program please take it at your own pace and have fun 😊 put on some cool music that you can bop to. It helps!**

**Each section has basic exercises that target each area of the body. When you have mastered these you may progress to the next variation listed below it in the Variations list.**

**Each exercise is to be performed with correct postural alignment, technique and body awareness they should be challenging.**

**If you have any questions please ask me at your next appointment.**

**CORE STRENGTHENING AND BREATHING**

**Do these exercises laying on your back, try the variations as you get stronger.**

* Laying on your back, breath in breath out, let the ribs deflate.
* Hold the rib in the most deflated position hands on your tummy or base of rib cage, breath in through the diaphragm / abdominal.
* Breath out pull the tummy to the floor, chin to chest roll up till the shoulders are off the floor. Lift the arms and hold for 5 long breaths.
* Roll down controlled.

Variation 1: Lift both legs up with bent knees and hold building up to a 90 second dish hold.

Variation 2: keep extending the legs so that they eventually get to a straight position.

2. Prio-situps/roll downs

* sit up as tall as you can and then roll down through the spine segmentally 1 vertebrae at a time until you get to the floor.
* Reverse this is the hard part chin to chest first then the neck then the shoulders then the ribs then roll up segmentally. If you get to a point that you feel it wants to lift in a straight shape, just breath relax down a little and roll through that particular area again.

5 x repetitions of these.

**LOWER BODY**

**Begin by laying on the floor on your back**

1. Pelvic tilts

* arch the lower back as much as you can this is an anterior pelivc tilt
* then tuck the pelvis under squeezing this is a posterior pelvic tilt
* find the middle point. This is called neutral pelvis you should have a slight lower back arch off the floor.

1. Hip lifts roll up and hold

* Push your weight through your big toe and ball of the foot so that your calfs and hamstrings and glutes activate
* Squeeze the gluteal muscles as much as
* tuck the pelvis under
* roll up through the spine segmentally till you get to the top.
* Hold for 5 breaths then lower down.

Ensure that the neck and upper body remain relaxed.

Variation 1: Hold this high point for 30 seconds 3 times. Totalling 1 min 30.

Variation 2: heel lifts and toe lifts x 10 each

Variation 3: at the high point keeping the hips level relax one glute whilst the other is still active squeeze the glute and drive the relaxed hip to the roof repeat the other side alternating sides each time.

**Standing lower body**

1. Body weight squats

\*\*\*\*positioning ensure you are standing in your comfortable hip alignment and that your patella bones track or move over your 2/3rd toe as you squat down and come back up\*\*\*\*\*

* Standing feet wider than hip width ensure your natural hip alignment is maintained and the feet track over the 2/3rd toe.
* Squat down ensuring your core is activated and chest and arms are lifted. You will have a slight arch in the lower back this is not a pliae. We want the natural curvature of the spine supported by that core muscles.
* Straighten The legs and stand back up.

Repeat x 3 sets of 20 reps.

Variation 1: Weighted Squats- add weights 2-5 kilos holding as you squat down. Or An unweighted squat bar. Maintain correct technique and posture and alignment.

1. Pistol squats

\*\*\*Please note that the same principle applies for the squats apply. We still want the patella tracking over the 2/3rd toe and the pelvis to remain in neutral this time, WATCH YOUR PATELLA TRACKING AND KNEE ALIGNMENT IN THE MIRROR and TRY NOT TO HIP HIKE this is a compensatory mechanism\*\*\*

* In front of a mirror to start with until sufficient strength is built place hands on the wall in front of you.
* Stand on 1 leg
* Do the same action as a squat but with less arch as you will find this is not possible as low as you can go maintaining good control of your body and posture.
* Push through the leg to stand up straight.

Repeat 5x reps each side building up to 10 reps each side x2

Variation 1: To increase the pistol squat depth hold onto 2 fixed chairs or benches and assist with the arms for balance this will challenge you more.

Variation 2: No chairs or support just squat on the one leg, and for an added challenge keep the leg straight, toes pointed in front of you.

Variation 3: When you feel confident that you have improved significantly and are strong you cand o a Bulgarian Split Squat.

* Go into the lunge position
* Place your back knee onto a raised surface ie; a couch or chair whatever is a comfortable height for your hip flexor.
* Only using the front leg, maintain correct posture Hips 90 90 90, keeping the weight over the front leg.
* Repeat the pistol squat.

**Shoulders theraband**

It is crucial to ensure you maintain good posture through all exercises in this section.

1. Posterior shoulder strengthening-

* Arms straight out in front of you at chest level
* Palms up
* Retract the shoulder blades
* Pull the rib in and pin it so the chest does not creep foreward
* Pull the theraband out maintaining correct posture and then relax back to the start position.

Repeat 20x each side building up to 3x sets of 20 reps.

1. Rotator cuffs-

* Elbows in by your sides
* Maintain correct posture at all times
* Palms down ensure your wrists stay straight pull the theraband out and then control it back in.

Repeat this exercise with the palms up it will get more of the front of the shoulder.

Repeat each set 20x each building up to 3x sets of 20 reps.

1. Diagonal pulls-

* Arms by your side
* Place one hand on top of the other
* Pull the theraband out in a diagonal line across the body
* Allow the palm to natural rotate as the arm comes across the body.
* Control the theraband back to the start position

Repeat 20x building up to 3x sets of 20 reps.

6. Scapula retraction and protraction

* Start is correct posture facing the wall
* Place your hands on the wall with straight arms

\*\*\*The closer to the wall you stand the easier this exercise so start easy to get it right\*\*\*

* Let your chest slowly relax to the wall just your chest keeping the arms straight
* Squeezing your shoulder blades together at the same time.
* Squeeze your shoulder blades away from each other.

Repeat x5 building up to 3 sets of 5 reps

**Forearms and mainly elbow region**

1. Ball grip squeezes and circles-

* Hold the ball in the centre of your palm.
* Ensure your thumb is horizontal to your fingers as it is in natural alignment.
* Squeeze and relax repeat 20x building up to continuous squeezing and relaxing.

1. Still holding the ball,

* palm facing downwards
* draw little circles with the arms still squeezing the ball.

Repeat 20x circles one way 20 x circles the other way