

Patient:
Mrs Julie Dass

Date:
20th Mar 2017

2 point kneeling horizontal

Adopt a 4 point position on your hands and knees. Maintain good posture, and gently contract the deep abdominal muscles by drawing your belly button in (towards your spine). Lift one arm in front of you, and your opposite leg behind you. This exercise strengthens the deep core muscles.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/MAzd-kxnH18>



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Plank

Rest on your forearms and your toes. Hold this position. Keep good straight posture, and do not let your back arch too much. This is a core strengthening exercise.

Hold for 30 | Repeat 3 times | Perform 1 times daily

Video: <http://youtu.be/noeBz0JoW-4>



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Supine bridge basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Hold for 30 | Repeat 3 times | Perform 1 times daily

Video: http://youtu.be/fK_xUE30KIE



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Pelvic tilt lying

Lie flat on your back, and engage your deep core muscles by drawing your belly button inwards (towards your spine slightly), while flattening your spine against the floor, then relax. Repeat as required.

Hold for 30 | Repeat 3 times | Perform 1 times daily

Video: <http://youtu.be/44D6Xc2Fkek>



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Lower abdominal strength 4

Lie flat on your back, with your knees bent, and hand under your lower back. Lift both feet so your knees are pointing towards the ceiling and your feet are off the floor. Contract your deep abdominal muscles by drawing your belly button towards the floor, and flattening your back against your hand. Hold the pressure against your hand while you lower the legs to the floor, and back to the start position. Do not let the back arch. Try to breathe normally throughout the exercise. This is a lower abdominal and deep core strengthening exercise.

Hold for 30 | Repeat 3 times | Perform 1 times daily

Video: <http://youtu.be/dlabCnfFvhI>



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SB supine bridge basic

Lie flat on your back, with your feet resting on a Swiss ball, and your arms by your side (palms face down). Squeeze your bottom muscles and lift your back upwards. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. To make the exercise easier, move the ball towards your body (more under your legs), and harder; away from your body (more under your heels). This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Hold for 30 | Repeat 3 times | Perform 1 times daily

Video: http://youtu.be/Qt3C1KIdR_A



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Jack-knife

Start in a press-up hold position, rest your shins and ankles on the Swiss ball while your hands are flat on the ground supporting the upper half of your body. Bring your knees towards your chest, and then straighten your legs. The exercise can be performed at different speeds, but start slowly to ensure you are comfortable. 15 reps

Repeat 3 times

Video: <http://youtu.be/kE5yQF3EM-Y>



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Back on ball advanced

Lie with your back on the ball, between your shoulder blades. Wrap your arms around the ball. Straighten one leg and hold this position. Repeat to your other leg. To make the exercise more difficult, cross your arms over your chest. This is a core strengthening exercise, but also works the hamstring and improves co-ordination and balance.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/rm1usLtai2g>



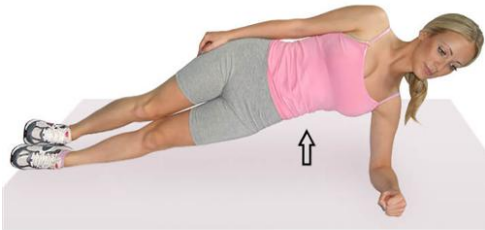
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Side plank

Lie on your side, and form a bridge between your feet and forearms (by lifting your pelvis). This exercise works the abdominal and Oblique muscles.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/vQKLvMTYA9Q>



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SB sit-up

Lie on your back on a Swiss ball, and perform a crunch by lifting your shoulder blades off the ball. It is fine to return by dropping just below the horizontal. This exercise helps to strengthen the abdominal muscles. 15 Reps

Repeat 3 times | Perform 1 times daily

Video: <http://youtu.be/SInc6YXxrj4>



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Sit-up crunch with feet on SB



Lie on your back on the floor, with your feet on a Swiss ball, and perform a crunch by lifting your shoulder blades off the floor and contracting your abdominal muscles. This exercise helps to strengthen the abdominal muscles. Repeat as required. 15 Reps

Repeat 3 times | Perform 1 times daily

Video: <http://youtu.be/cMcvD1mqusU>

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SB lumbar straight leg twist



Lying on your back, grasp the ball between your legs. Contract your deep abdominal muscles by drawing your belly button towards your spine, and keeping your legs as straight as possible, drop your legs to each side as far as feels comfortable.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/tpbo3ZRdf_4

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Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on stabletherapycentre@gmail.com. Good luck and keep with it!