

10 reps, 3 sets, 5 s hold

### 1. Finding your neutral spine in supine for upper body pain [02010]

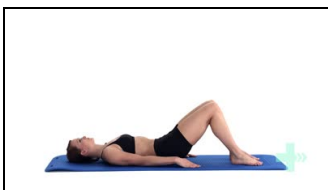
Lie down on your back with your knees bent feet flat on the floor. Place your hands on the bones of your pelvis at the front. Tilt your pelvis backwards and then forwards and then back to find the central place or "neutral spine" where any discomfort in your spine is at a minimum. As you do this your tailbone will come off the floor slightly and then flatten back down onto the floor. Slowly draw up your pelvic floor muscles and your lower stomach muscles in, towards your spine, as though you were doing up a zipper. Repeat this process to get used to finding the spot that is most comfortable for you. Gently hold this muscle contraction for the required duration. Continue to breathe deeply throughout this exercises.



10 reps, 2 sets, 10 s hold

### 2. Pelvic floor activation in crook: strength, power and endurance

Lie on your back with your legs bent and feet flat on the floor. Keep your legs hips width apart and gently rest your hands beside you or on your tummy. Focus on steady breathing throughout this sequence of exercises. To activate your pelvic floor, imagine you are trying to stop yourself from passing wind, or passing urine. You should feel a lift within your pelvis. You might also feel a gentle tightening of the muscles low down in your abdomen. For strength, hold this position for 5 seconds, then relax. For power, perform 10 quick squeezes. For endurance, tighten your pelvic floor as much as you can, then ease off so you are working it around 50% of it's effort. Hold this position for 20 seconds or more.



10 reps, 3 sets, 10 s hold

### 3. Bridge on the floor [09170]

Lie on your back with your knees bent and your feet flat on the floor. Tighten your buttock muscles and lift your hips up into the bridge position. Make sure you keep your hips up and level throughout the movement.



10 reps, 3 sets

### 4. Pilates single leg lift

Lie on your back in a neutral spine position. Bend your legs, keeping your knees and feet parallel and at hip width apart with your arms by your sides. EXHALE: lift your leg off the mat with the bent knee at a 90 degree angle and your foot Plantar flexed (pointed). INHALE: lower your leg down and tap the floor with your toe. Perform the desired number of the repetitions and change legs. Keep the pelvis stable as you raise and lower your leg, hinging at the hip joint. Maintain your leg bent at a constant angle of 90 degrees.

- Draw navel to spine.



10 reps, 3 sets

### 5. Core knee drop outs

Lie on your back with your legs bent and your feet on the floor and your knees at hips-width apart. Initiate the core stability muscles, then gradually drop one knee out to the side. The aim of this exercise is to keep the pelvis level, and the stationary leg still. Imagine headlights on each hip bone pointing directly up to the ceiling. Do not allow these headlights to rotate from this point. Control the movement as you bring the knee back in, and repeat with the other leg.



**6. Stability ball lateral rolls in crook lying**

Lie on your back with your legs on a stability ball. Tighten your abdominal muscles. Slowly roll the ball to one side, controlling the movement with your stomach muscles. Roll the ball back to the middle and then to the other side. The closer the ball is to your feet, the harder the exercise.

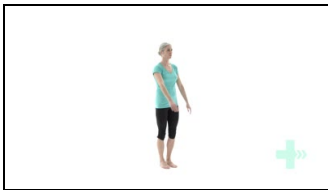
10 reps, 3 sets



**7. Bird dog**

Start on your hands and knees, with your hands under your shoulders, and knees under your hips. Tighten the abdominal core muscles. Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso. Do not allow your body or hips to rotate. Repeat on the other side.

10 reps, 3 sets

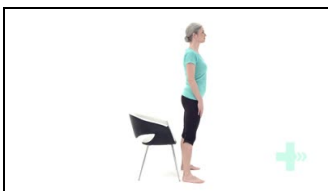


**8. Marching on spot with arms**

Stand up straight. March on the spot by alternating lifting your knees up high. Aim to have your knees as high as your hips. As you lift one leg, raise the opposite arm into the air, then lower it as you lower your leg. Aim to complete the movement slowly whilst maintaining balance on your standing leg.

- Lift and hold for 5 seconds to increase core workout

1 rep, 1 set



**9. Squat with chair**

Stand in front of a chair. Lower yourself down onto the chair, but just before you sit down, stand up slowly.

- Draw navel to spine before starting to squat.

10 reps, 3 sets



**10. Single leg stance**

Stand on your affected leg close to a wall or supporting surface. Try to balance as still as you can. Hold this position for as long as possible. Do not allow the good leg to rest on the affected leg.

1 rep, 2 sets, 60 s hold

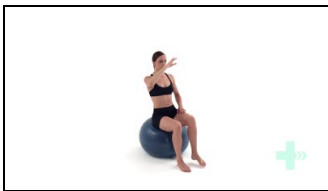


### 11. Feet together on Bosu head turns

Place a Bosu ball on the floor on the flat side near a wall, use the wall for support if needed. Stand on the centre of the Bosu with your feet together and move your hands off the wall. Try to turn your head whilst maintaining your balance for as long as you can.

10 reps, 3 sets

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### 12. Sitting on stability ball, arm and leg lifts

Find pelvic-neutral sitting on a stability ball. Maintaining this position and keeping your tummy muscles tightened, pick one foot up whilst simultaneously lifting the opposite arm. Repeat with the other opposite arm and leg. Ensure you maintain good posture throughout this exercise and do not allow your body to slump backwards.

10 reps, 2 sets

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