

Sets: 1 • Reps: 1

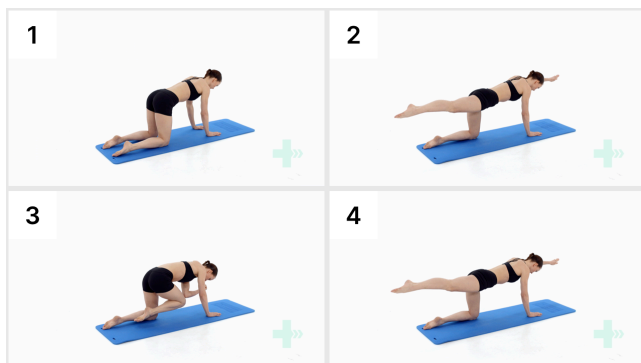


1. Exercise Safely

Your health and safety is our priority.

Before commencing this exercise program, please refer to the safety instructions at the end of this document.

Sets: 2 • Reps: 10 • Hold: 3s



2. Bird dog knee to elbow

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Tighten the abdominal and pelvic floor muscles.

Straighten your opposite leg and opposite arm simultaneously, making sure you maintain good control in your torso.

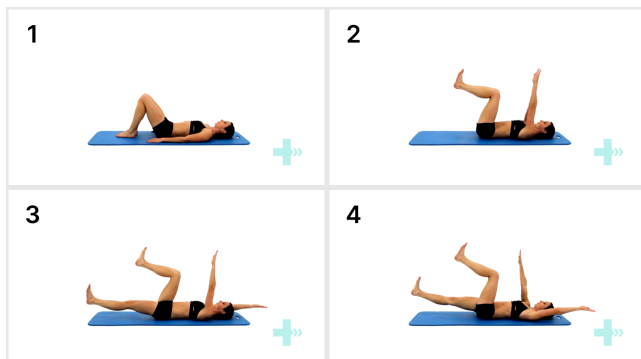
Do not allow your body or hips to rotate.

Hold this position, then bring both the elevated arm and leg in towards your belly button, aiming to touch your knee to your elbow.

Allow your back to bend to do this.

Extend your arm and leg again to repeat the movement.

Sets: 2 • Reps: 10



3. Dead bugs

Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees.

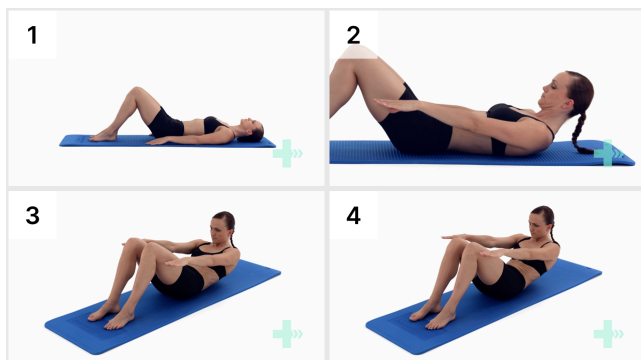
Raise your arms straight up vertically over your head.

Keeping your back flat, lower the opposite arm and leg away from one another towards the floor.

Do not allow anything else to move and make sure your back stays flat on the floor.

Return to the start position and repeat with the other pair.

Sets: 2 • Reps: 8 • Hold: 3s



4. Crook abdominals crunch

Lie on your back with your legs bent and your feet on the floor.

Lift your arms off the floor and tuck your chin to your chest.

Reach your hands towards your knees, curling your upper body off the floor.

Control the movement back down, keeping your chin tucked in.

You may find it helps to push your tongue into the roof of your mouth.



5. Single leg bridging

Lie on your back.

Bend one leg upwards, placing the foot on the floor.

Draw your other leg up to the same position, maintaining a hips width between your legs.

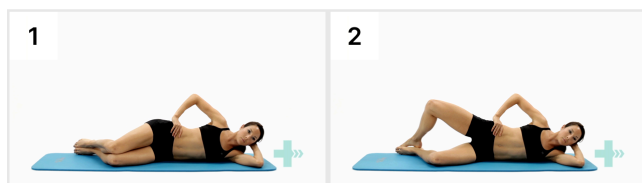
Lift one foot slightly off the floor.

Using the effort of your remaining foot, lift your hips up into a bridge until you have a straight line from your shoulders to your knees.

Lower back down and repeat.

Keep your pelvis level throughout this exercise.

Sets: 2 • Reps: 10



6. Clam shells

Lie on your side with your feet, ankles and knees together.

Bend the legs a little and tighten your core stability muscles.

Keeping the feet together, lift the top knee up.

Make sure you don't roll your body back with the movement.

Control the movement as you bring the knee back down to the starting position.

Sets: 2 • Reps: 8



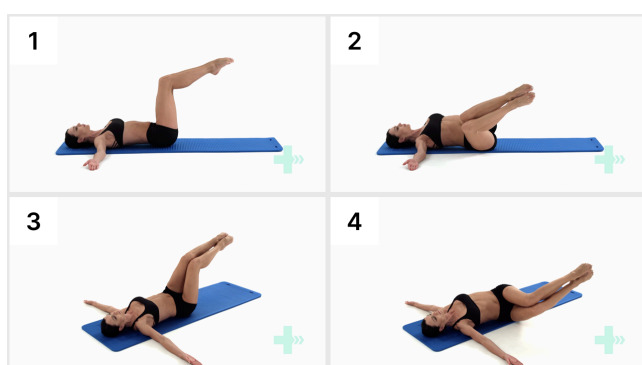
7. Mountain Climbers (by stepping)

Start in a push up position on your hands and toes.

In turns, bend your knees and bring your feet towards your hands.

Try to keep your body in a straight line.

Sets: 2 • Reps: 6



8. Pilates spine twist supine level 1

Lie on your back in a neutral spine position.

Bring your legs into the Table Top position with your shins parallel to the floor.

Place your arms in a "T" position, palms facing up.

INHALE: lower your legs down to one side, keeping your knees and feet together.

EXHALE: bring your legs back to the starting position.

Alternate sides.

Keep your shoulders stable on the mat as your pelvis rolls from side to side.

Keep your knees together and bent at a 90 degree angle.

Avoid arching the low back and keep it in contact with the mat throughout the movement.

9. Mini Band Resisted Marching

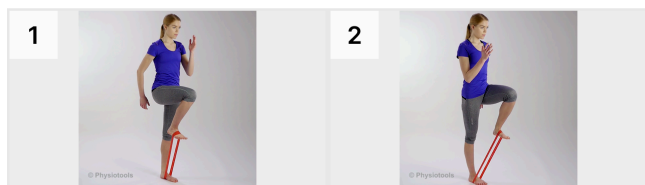
Start by standing with a mini band around both feet and arms relaxed by your side.

Lift one leg and bring your knee towards your chest against the resistance from the band.

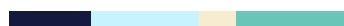
At the same time keep the hip of the supporting leg straight.

Repeat with the other leg.

Keep your upper body upright and let arms swing by your sides at the same tempo as your legs march.






Exercise Safely



Your health and safety is our priority

Exercise forms an important part of recovery from a range of musculoskeletal conditions. This exercise program is general in nature, and provided as a starting point for managing your symptoms that is safe and, in most cases, effective. If you are unsure how to do these exercises safely, or are inexperienced with exercises like these, please seek advice from your physiotherapist prior to commencing.

Please seek advice from a qualified health professional if:

-  You are experiencing high levels of pain, pain that is unrelenting, or pain that is impacting your normal daily activities including sleep.
-  If you are experiencing neurological symptoms such as altered sensation, pins and needles, weakness, or loss of normal function.
-  If these exercises or any other activities are making your pain worse.