










Hard to the CORE

Stabiliser muscles control movement and stabilise a joint. 'Core Stability' is central to safe posture and powerful movement. Deep muscles in your trunk stabilise the lower back and pelvis. Instability leads to pain and injury. Stabiliser muscles need endurance training and skills for control.

For best results:

- > 2 sets of each exercise
- > Start at the beginning and work your way through over time
- > For each exercise aim to hold for 10 seconds and perform 10 times. If that is too much, hold for 5 seconds and perform 5 times
- > Aim for control and endurance
- > 3-4 times a week

<p>Lying Abdominal Hollowing</p>  <p>Lie on your back with knees bent and feet on the floor. Place your hand on the lower waist. Take a deep breath. As you exhale, gently draw in your belly button. Feel a gradual tensioning of the area under your fingers.</p> <p>10 x 10 seconds</p>	<p>Lying Leg Slide</p>  <p>As before, draw in your abdomen and turn on your stabilisers. Slowly extend one leg, keeping pressure on your hand under your lower back constant.</p> <p>10 x 10 seconds</p> <p>If pressure is constant throughout, progress to the next exercise.</p>	<p>Lying Leg Raise</p>  <p>As before, with stabilisers turned on and pressure constant on your hand, raise one leg off the ground to 90° followed by the next leg. Return the first leg to the ground followed by the second.</p> <p>10 x 10 seconds</p>
<p>Four Point Kneeling</p>  <p>Kneel on all fours with your hips over your knees, shoulders over your wrists. Keep your head and back level. Breath in. As you exhale, gently draw your belly button in.</p> <p>10 x 10 seconds</p>	<p>Hand Raise</p>  <p>As before, draw your belly in activating your stabilisers. Now gently raise one hand off the ground keeping your hips and shoulders stable.</p> <p>If you can maintain stability throughout, try the same action with one leg. 10 x 10 seconds</p>	<p>Diagonal Arm / Leg Raise</p>  <p>Kneel on all fours. Keep your back level and a strong mid-section. Slowly raise one leg until it is in line with your hips. At the same time, raise your opposite arm in line with your shoulder.</p> <p>10 x 10 seconds</p>
<p>Bridge</p>  <p>Lie with your arms by your side, knees bent and feet on the floor. Gently squeeze your shoulder blades together and lift your hips, keeping shoulders, knees and hips in line.</p> <p>10 x 10 seconds</p>	<p>Gym Ball Bridge</p>  <p>Sit on the gym ball and walk your legs forward until you are lying with the ball under your upper back. Draw your stomach in and squeeze with your buttocks.</p> <p>10 x 10 seconds</p>	<p>Lying Gym Ball Bridge</p>  <p>Lie on the floor with your feet on the ball. Draw your stomach in, squeeze your buttocks and raise your hips off the ground so that your body is straight.</p> <p>10 x 10 seconds</p>

Do not do any exercises that make your back hurt. Consult your doctor if you have any pain or discomfort. If you are unsure or have back pain or other musculoskeletal concerns see your Doctor.