

Exercise plan:
Core Stability

Patient:
Physio Specialists Ltd

Date:
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4 Point Kneeling



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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). If you want to make the exercise harder, just rock gently from one side to the other. This exercise strengthens the deep core muscles.

Hold for 30 Seconds

Video: <http://youtu.be/GbDtAg2mQwc>

3 Point Kneeling Straight Arm



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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. This exercise strengthens the deep core muscles.

Hold for 30 Seconds | Perform both sides

Video: <http://youtu.be/P9Q8Vaob8Uk>

3 Point Kneeling One Knee



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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 knee 2-3 cm from the floor. This exercise strengthens the deep core muscles.

Hold for 30 Seconds | Perform both sides

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

2 Point Kneeling



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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 hand and the opposite knee 2-3cm off the floor. Use your other shoulder and leg to stabilise you. This exercise strengthens the deep core muscles.

Hold for 30 Seconds | Perform both sides

Video: <http://youtu.be/OchYA87bYME>

Plank Kneeling

Rest on your forearms and your knees. 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 Seconds

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



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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 Seconds

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



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Plank One Leg

Rest on your forearms and your toes. Lift one straight leg. 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 Seconds | Perform both sides

Video: <http://youtu.be/GVUsz9jhlCI>



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Side Plank Kneeling

Lie on your side, and form a bridge between your knees and forearms by lifting your pelvis off the floor. This exercise works the abdominal and Oblique muscles but is also useful to build spinal stability.

Hold for 30 Seconds | Perform both sides

Video: <http://youtu.be/UurF0EhHFLg>



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Lower Abdominal Strength 1

Lie flat on your back, with your knees bent, and hand under your lower back. 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 for 10 seconds, and then relax. Try to breathe normally throughout the exercise. This is a lower abdominal and deep core strengthening exercise.

Video: <http://youtu.be/jPCNGH9LrFY>



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Lower Abdominal Strength 2



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Lie flat on your back, with your knees bent, and hand under your lower back. Lift one leg so your knee is pointing towards the ceiling. 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 leg 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.

Perform both sides

Video: <http://youtu.be/l665l7U4oOA>



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Medicine Ball Twist

Stand with your legs shoulder width apart, and your knees slightly bent to about 20 degrees. Draw your belly button in towards your spine, and rotate your body while holding a medicine ball or other suitable small weighted object. This core exercise predominantly strengthens your Oblique muscles at your sides.

Perform both sides

Video: http://youtu.be/lpSVi_KVh54



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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 Seconds

Video: http://youtu.be/fK_xUE3OKIE

Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on headoffice@physio-specialists.co.uk. Good luck and keep with it!