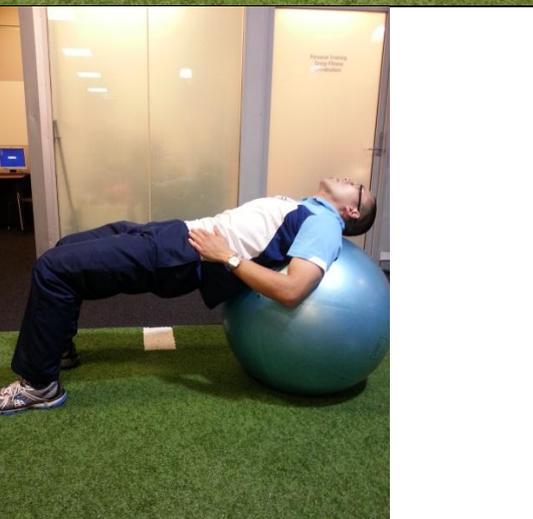


## Core exercises

Exercise	Image	Instructions
<p>Twisty (Lower back stretch)</p>		<ol style="list-style-type: none"> <li>1. Lie on a mat/bed on your back with 1 leg straight and other knee bent.</li> <li>2. Bring the bent knee over your straight leg. Aim to keep your shoulders flat on the mat.</li> <li>3. Hold position for 15-20 seconds. Repeat for other side.</li> </ol>
<p>Bridge rolls/Lumbar rolls</p>		<ol style="list-style-type: none"> <li>1. Lie on your back with the foam roller across the upper portion of your back. Have your knees bent and feet shoulder width apart, and arms across your belly.</li> <li>2. Lift your buttocks off the floor and slowly adjust positioning with your feet to apply pressure from upper back to mid-lower back. Aim to maintain a neutral lumbar spine (lowerback) by engaging your core muscles.</li> <li>3. Roll for 1 minute, rest 30 seconds, then repeat.</li> </ol>
<p>Bar hold (lower back stretch)</p>		<ol style="list-style-type: none"> <li>1. Hold onto a stable point with both hands at around chest height. Hands can be facing together or downwards.</li> <li>2. Stick your buttocks out, lean back and bringer your shoulders forward until you feel a slight stretch in your mid-lower back region. Shuffle your feet forward slightly.</li> <li>3. Hold for 15-20 seconds.</li> </ol>

<p>Clams (Core control)</p>		<ol style="list-style-type: none"> <li>1. Lie on your back with a rolled towel behind your back.</li> <li>2. With your knees bent, keep 1 knee facing up and bring the other knee out to the side and back like a clam. Aim to keep even pressure on the towel with your back (try not to arch/flatten your back) by engaging your core muscles.</li> <li>3. Perform 15-20 reps each side.</li> </ol>
<p>Knee raises lying down (Core control)</p>		<ol style="list-style-type: none"> <li>1. Lie on your back with a rolled towel behind your back.</li> <li>2. Keep 1 leg straight and raise 1 knee up toward your chest to about 90 degrees. Aim to keep even pressure on the towel with your back (try not to arch/flatten your back) by engaging your core muscles.</li> <li>3. Perform 5-10 reps with each leg.</li> </ol>
<p>Wall squat with swiss ball</p>		<ol style="list-style-type: none"> <li>1. Assume a squat position with a Swiss ball against the wall on your back.</li> <li>2. Squat down. Aim to keep a neutral spine, and maintain equal pressure on the ball (don't lean all your weight on it). Think of the ball as a big water balloon.</li> <li>3. Perform 15-20 reps.</li> </ol>

<p>Sitting balance on Swiss ball</p>		<ol style="list-style-type: none"> <li>1. Sit on a swiss ball with your back neutral.</li> <li>2. Lift 1 foot off the floor and hold position aiming to maintain balance and posture. Repeat with other foot.</li> <li>3. Hold position for 5 seconds. Perform 10-15 reps each on each leg.</li> </ol>
<p>Trunk Rotation lying on swiss ball</p>		<ol style="list-style-type: none"> <li>1. Lie with back on swiss ball, feet shoulder width apart.</li> <li>2. Reach from side to side, engage your core muscles.</li> <li>3. Perform 10-15 reps each side.</li> </ol>
<p>Spine on roller (core control)</p>		<ol style="list-style-type: none"> <li>1. Lie down with a foam roller down the spine of your back so that your head is supported.</li> <li>2. Aim to maintain this position as long as possible by engaging your core muscles.</li> <li>3. Raise one leg at a time and maintain balance whilst leg is in the air.</li> <li>4. Perform 10-15 reps each side.</li> </ol>

<p>Bridging</p>		<ol style="list-style-type: none"> <li>1. Lie on a mat with knees bend and feet shoulder width apart.</li> <li>2. Lift your buttocks off the floor by pushing through with your heels.</li> <li>3. Perform 10-15 reps.</li> </ol>
<p>Pelvic thrust with feet on swiss ball</p>		<ol style="list-style-type: none"> <li>1. Lie on the floor and place your feet on a Swiss ball with your knees straight.</li> <li>2. Lift your buttocks off the floor by contracting your glutes and core muscles.</li> <li>3. Perform 10-15 reps.</li> </ol>
<p>Bridge with back on swiss ball</p>		<ol style="list-style-type: none"> <li>1. Lie with your back supported on the Swiss ball and feet shoulder width apart on the floor.</li> <li>2. Lift your buttocks up until your thigh and back is aligned.</li> <li>3. Repeat 10-15 times.</li> </ol>
<p>Superman</p>		<ol style="list-style-type: none"> <li>1. Assume a 'crawling' position with both arms and knees supporting your weight and your back in a neutral position.</li> <li>2. Raise 1 arm straight up in front of your head and the opposite leg up and straight so that you're now supported by 1 arm and then opposite side leg (as shown).</li> <li>3. Perform 10 times each side.</li> </ol>

Multifidus isometric exercise



1. Sit on a Swiss ball with hands on your hips. Aim to maintain balance and keep your back neutral for 20-30 seconds.

2. Perform 10 reps.

Mckenzie's back extensions



1. Lie face down with your hands next to your chest and palms facing down.

2. Arch backwards with your lower back, using your forearms/hands as support. Aim to keep your elbows close to your body and hips on the ground.

3. Hold arched position for for 5 seconds. Perform 10 reps.