



Core Exercises- Phase 1 (Basic)



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The following exercises are designed to improve your posture, core stability, flexibility and strength. They help support the spinal corrections being made through your Chiropractic care plan. Ensure you know how to achieve neutral spine and can correctly activate your stabilising muscles prior to commencing these exercises.

Instructions

1. The following exercises should be performed **1-2x daily**
2. You should not feel any pain while performing these exercises. Only perform to your ability.

Disclaimer: Please consult your Chiropractor before performing these exercises as they may not be suitable for everyone or may need to be adapted for your individual needs.

Neutral Spine

Neutral spine is essentially normal alignment of our spine. This position is ideal as it creates the least amount of load on our body. To achieve neutral spine you need to be aware of the three curves in the spine.

Cervical Spine: think about drawing the crown of your head towards the sky.

Thoracic Spine: draw the shoulder blades together and down.

Lumbar Spine: Draw an imaginary triangle from your pubic bone to your hip bones. This triangle should be parallel to the floor.

Transverse Abdominis Activation

Begin by lying on your back in neutral spine. Slowly pull your belly button in "away from your belt line" towards your spine. Your rib cage should remain relaxed and should not be elevated during the process. You should be able to feel the deep muscle contract if you press deeply 2cm in from the bony part of your hip (as shown in the image). **Repeat this exercise 3x day.**



Bridging

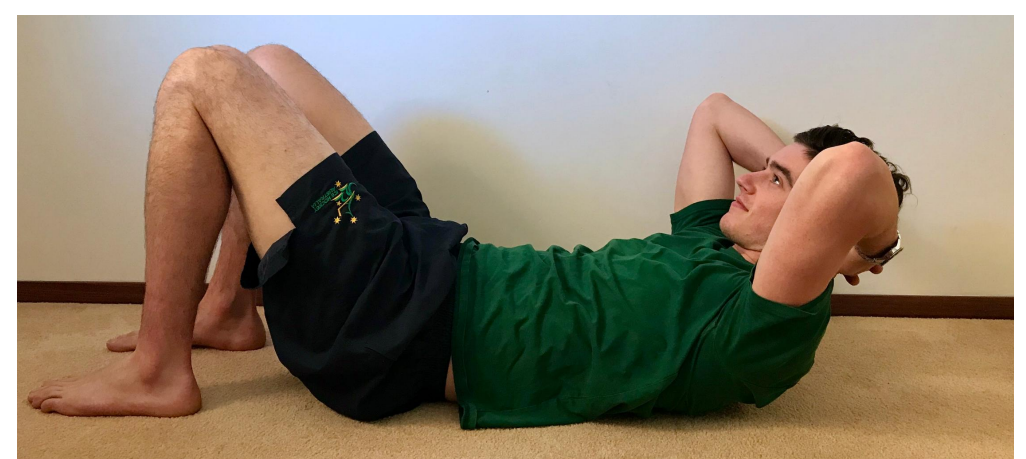
Begin the exercise by lying on your back in neutral spine. While maintaining core activation slowly lift your buttock, pushing through your feet so that your knees, hips and shoulders form a straight line. Return to the starting position.

Perform 10 reps.



Abdominal Crunch

Begin this exercise by lying on your back with your knees bent and your hands at the side of your head as pictured. Keeping your neck straight, slowly lift your shoulders and trunk off the ground, tightening your abdominals and keeping your spine straight. **Perform 1-3 sets of 10 repetitions.** Maintain activation of your transverse abdominis muscle throughout the exercise.



Prone Hold (Plank)

Begin this core exercise propped up on your elbows and toes as pictured. Maintain activation of your transverse abdominis during this exercise as this will keep the pressure off your low back. Hold this position for as long as possible provided it is pain free and you are maintaining good posture. **Repeat 3 times.**

