



Core Exercises- Phase II (Intermediate)



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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 spine. 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.

Bird Dog Exercise

Begin in the four point kneeling position. While maintaining core activation slowly raise one arm and the opposite leg, keeping the spine and pelvis in a neutral position. **Perform 1-3 sets of 10 repetitions**, provided the exercise is pain free, alternating between sides.



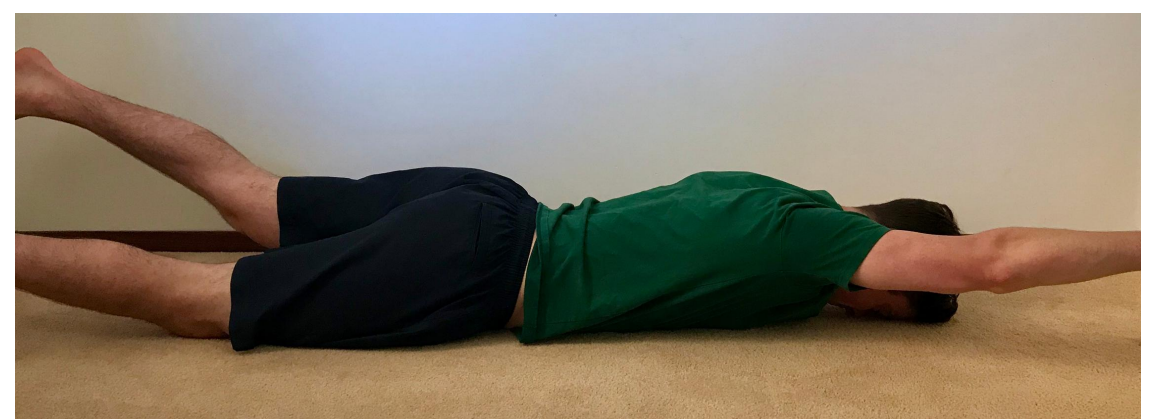
Side Planks

Begin this exercise propped up on one elbow and foot with your back straight as demonstrated. Maintain activation of your core throughout the exercise. Hold the position for as long as you are able to provided it is painfree and you are able to maintain proper posture. **Repeat 3 times per side.**



Supermans

Begin by lying on your stomach in neutral spine with your arms above your head. Maintain activation of your core and pelvic floor throughout this exercise. Keeping your knees and elbows straight, slowly lift your opposite arm and leg and then return to the starting position. Try to keep your spine and pelvis still throughout the exercise. **Repeat 10 times, alternating sides.**



Crawl outs

Begin the exercise in the four point kneeling position. Slowly walk the hands out whilst keeping the core activated. Make sure the lower back stays neutral and does not bend. Walk the arms out so that they extend past your head and then walk the hands back to starting position. **Repeat 10 times.**

