



# Beginner Stabilising Exercises



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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. Hold each stretch for **60 seconds** and repeat **1x/each** unless otherwise stated. Perform on both sides.
3. 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.

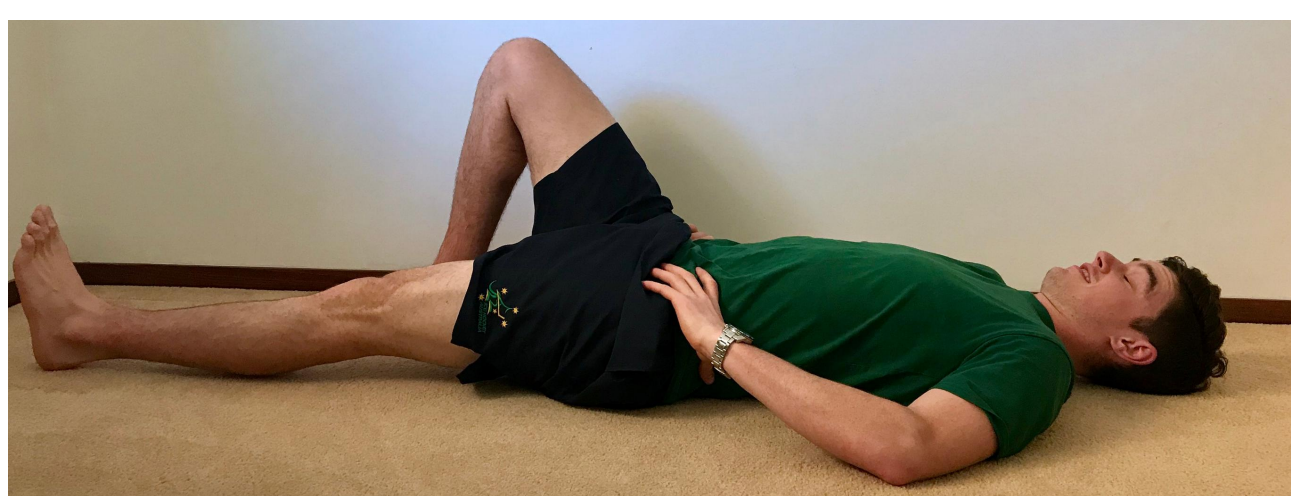
**Cervical Spine:** think about drawing the crown of your head towards the sky.

**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.

## Heel Slides

Begin by lying on the floor with your hands by your side and both knees bent. Maintain activation of the transverse abdominis and pelvic floor by drawing your belly button towards the floor. Slowly straighten one knee and then return to the starting position. **Perform 10 times each side.**



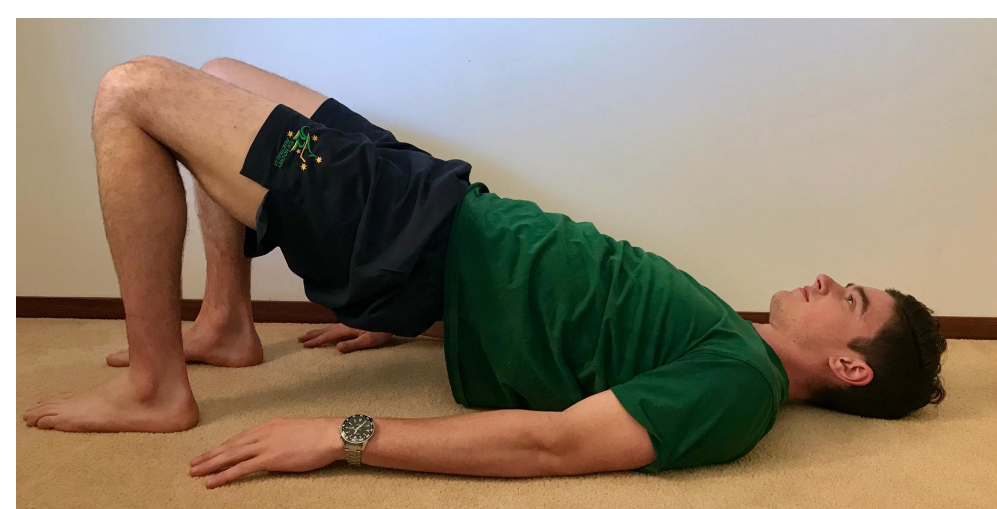
## Leg Lifts

Begin by lying on the floor with your arms by your side in neutral spine. While maintaining core activation as started previously slowly lift one leg with the knee bent and return it to the floor. **Perform 10 times each side.**



## 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.**



## Heel Taps

Begin by lying on the floor in neutral spine with your hips and knees bent to 90 degrees as demonstrated. While maintaining core activation slowly lower one leg until your heel touches the floor and then return to the starting position. **Perform 10 times each side.**

