

EiWell

1. Transversus abdominus bent knee fall out

1 Set / 10 Reps / 2 s hold



Lie on your back with your knees bent and your feet flat on the floor.

Place your hands on your lower tummy, just inside your hip bones.

Gently tighten your tummy muscles.

You should feel your back flattened on to the floor.

Do not hold your breath.

Allow one knee to slowly fall out to the side.

Do not allow your back or pelvis to move.

Control the movement as you bring the knee back up to the starting position.

2. Core stability in crook with alternate elevated LL extension

1 Set / 5 Reps / 3 s hold



Lie on your back with your legs bent and feet flat on the floor.
Ensure your feet and knees are hips width apart.
Tighten your abdominal and pelvic floor muscles, and then lift one leg just off the floor.
Slowly straighten your leg out ensuring it remains off the floor.
Ensure you keep your body and hips level throughout this movement.
Control the movement as you slowly bring your leg back up to the starting position.
Repeat this movement with the other leg.

3. Bridging - Simple

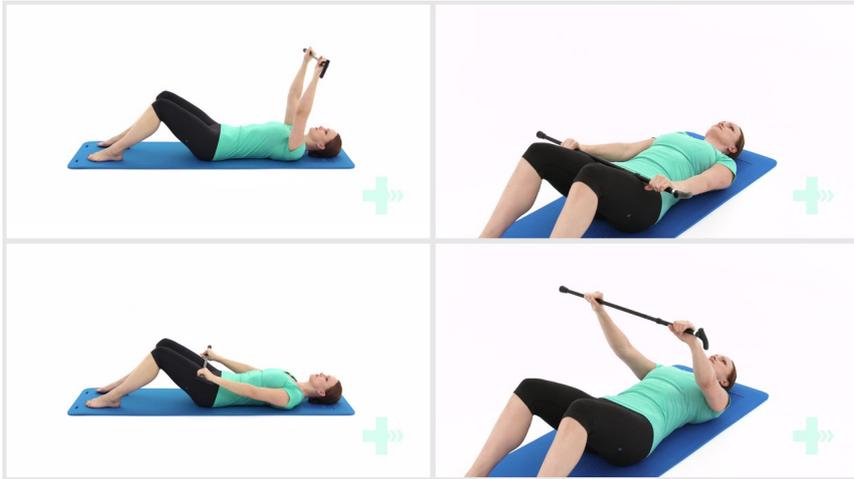
1 Set / 5 Reps / 3 s hold



Lie on your back with your knees bent and your feet flat on the floor.
Gently tilt your pelvis as if you are imprinting your lower back into the floor and lift your hips up into the air while still holding your pelvis level.
Hold in the bridge position before you then lower, keeping your navel drawn in and slowly lowering your spine back down onto the floor, one vertebrae at a time.
Keep your buttocks tight, until your pelvis rests back down on the floor.

4. AAROM GHjt flexion in supine with stick (full range)

1 Set / 10 Reps



Lie on your back holding a stick across your body in each hand.
Your arms should be around shoulder width apart, or slightly wider depending on what is comfortable.
Using your unaffected hand to assist the movement, lift the stick directly up into the air.
Continue to raise the stick up and over your head, aiming to touch the floor above you.
It's ok if your elbows soften a little here.
Control the movement as you slowly lower your arms back down again, and repeat.
Only go to the point to which it becomes painful.