

Pilates Exercises

Finding Pelvis Neutral



- Lying on the floor with your knees bent to 90°.
- Imagine the rim of your pelvis is a bucket, which is full of water.
- By rotating your pelvis backwards (flattening your spine into the floor) visualise that you are tipping water out of the back of the bucket. Alternatively, imagine you have 'headlights' on the bony parts of the top of your pelvis, tilt the "headlights" up to your head. Alternatively place your thumbs on your belly button with your fingers pointing down forming a diamond, flatten your back, tucking your bottom under to tilt your thumbs towards you. Furthermore, feel the lengthening of your front muscles as you tilt forward, and back muscles tilting backwards.
- Then rotate the pelvis forwards to create an arch in your lower back. Visualise tipping the water out of the front of the bucket, or the 'headlights' are pointing towards your toes. Tilting your fingers towards your toes.
- Repeat these movements until you are aware of the extremes of movement. Don't worry if it is uncomfortable at either extreme, this is normal and just the feeling of your stiff joints being isolated. Then try to find the mid-point between the two. This is known as the **pelvic neutral position**. Diamond created by your thumb and fingers is flat or 'headlights' pointing to straight up to the ceiling.

Getting into Postural Alignment



- Using the above starting position let your arms rest down by your side.
- Imagine you have a thread at the top of your head, and that this is just pulling your head and gently elongating your neck.
- Let your shoulder and breastbone sink into the floor.
- By rotating your pelvis backwards (flattening your spine into the floor). Visualise that you are tipping water out of the back of the bucket. Alternatively, imagine you have 'headlights' on the bony parts of the top of your pelvis, tilt the 'headlights' up to your head. Alternatively place your thumbs on your belly button with your fingers pointing down forming a diamond, flatten your back, tucking your bottom under to tilt your thumbs towards you. Furthermore, feel the lengthening of your front muscles as you tilt forward, and back muscles tilting backwards. Ensure weight is evening distributed between your buttocks.
- Knees still bent to 90°.
- Hips, knees and feet, are slightly apart, in alignment as if on railway tracks. With the soles of your feet weight bearing equally through the middle of each foot. Ensure weight is evening distributed between your feet.
- To find hip distance apart, place your feet and your knees together to start, then turn your toes out and bring your knees in line with them.
- This is your correct postural alignment. It is the starting position for many of the following exercises.

Side Lying



- Lying on your side, straighten your knee so your heels are in line with your hips and head, and then bend the knees forward approx. 90°. Lift your feet off the floor to check your position, you should just be able to see them in line with the top of your buttocks. Place them back to the floor.
- Keep your heels together, knee relaxed.
- Ensure you are in pelvic neutral, perform pelvic tilts if unsure, ensure your trunk is relaxed and your ribs are not poking forwards, and keep your sternal torch pointing forwards.
- Aim for a light sensation at the bottom waist/hip, imagining a ray of light or mouse hole under your waist, and a sensation of length across the upper waist line. Stack your hips on top of each to feel length between your ribs and pelvis.
- Ensure your shoulders and neck remain relaxed. Either place your bottom arm in front of you or under your bottom ear as the picture shows.
- Ensure you are holding your imaginary peach under your chin, looking straight ahead, not at your feet or the ceiling. Maintain a feeling of length through your body.

Prone Lying/ Face Down



- Lying face down with a small folded towel under your forehead to raise the nose from the floor slightly.
- Feet should be hip distance apart, with the feet pointing down away from your body – try not to roll the heels in or out.
- Knees should be soft, not braced.
- Assume pelvic neutral, try pelvic tilting if unsure. Your body will want to relax into a forward tilt position, resist this.
- The chest and shoulders should be relaxed.
- Imagine a small peach held under your chin.
- Have a sensation of length through your body.

Standing Posture

Consider the five key elements of Pilates.

- **Lower Limb.**
 - foot posture – feet hip distance apart, to achieve this position start with your feet together, turn out your toes then bring heels in line, look down to ensure this is your hip width apart, try rocking forward and backward/ side to side for equal weight distribution, settle mid-point for equal weight, arches should be away from floor, imagine a soft fountain under the arch of foot.
 - knees should be soft, neither straight and braced nor bent.
- **Pelvis and centring.**
 - feel bony points of the pelvis, rock/ pelvic tilt as previously described using the bucket, headlights or lengthening front and back analogy.
 - centring – when in pelvic neutral, imagine fastening a pair of tight jeans, and gentle draw in the lower abdominals, alternatively think of a low slung belt.
- **Ribs and breathing.**
 - Lift chest, lengthen through collar bones, imagine a torch light on sternum, pointing straight forward.
 - Hands on bottom of ribs, feel expansion as you breath in, imagine an umbrella opening, avoiding using the upper chest, and try not to hold your breath or brace.
 - Your ribs should feel soft and not as if they are flaring at the bottom and you are pushing your chest out.
- **Shoulder blades.**
 - imagine shoulder blades sliding flat on rib cage, lightly down and towards your back pockets.
- **Head and neck.**
 - Imagine Helium balloon drawing you up tall, try not to poke your chin forward or up to the ceiling, imagine holding a soft peach under your chin.



These five elements can be transferred into sitting and lying.

Warm Up

Cleopatra/Dumb Waiter



- Standing in the neutral posture as described above, ensure weight is evenly distributed through the heels and toes like a tripod.
- Bend your elbows to 90° and turn your hands so your palms are facing upwards.
- Gentle squeeze your shoulder blades together and rotate your arms out to the side, you may feel gentle stretch across your chest.
- Pause briefly at the end of the movement then rotate your arms back to the start position.



- To progress this to dumb waiter when you have rotated your arms out to the side, float your arms up, straightening your elbows at the same time until they are level with your shoulders. Make sure you keep the length between your shoulders and ears.
- Then turn your palms to the floor as if dropping plates; turn your palms back to ceiling and return to the start position through the stages described above.

Toy Solider



- Start in the neutral standing position.
- Begin by raising alternate heels as above, ensuring your pelvis remains in neutral and is not rocking side to side.
- Slowly raise both arms up in front of you to chest height, then as you rise onto your left heel, float your right arm up towards and the ceiling and the left one down to your side.
- As you alternate your heel raise, do the same with your arms so you are raising alternate arm and heel.

Calf Raises



- Starting in the neutral standing position.
- Push through your big toes as if squashing something beneath it to raise your heels off the floor- only rise as far as you can control without feeling you are rocking forward, your ankles are rolling or you are tilting your pelvis forwards.
- Lower back down to the start position.
- This should be a smooth slow movement.
- To make this harder you can progress to single leg calf raises, you may find it helpful to place your hands on your hips so that you can feel if our pelvis is rocking side to side, the idea is that you are able to transfer your weight form leg to leg without involving your pelvis too much.
- If you have done so in the class:
 - Try half raise.
 - Try fast/slow.
 - Try eyes closed.
 - Try one leg, with toe touch support of the other leg.

Pilates Foot Series



- Start in the neutral standing position.
- Raise up onto your toes as in a calf raise, hold for a few seconds.
- Keeping up on your toes, bend your knees into a squat position, hold for a few seconds.
- Lower your heels to the ground so you are in a squat, hold for a few seconds.
- Straighten your legs to return to the start position.
- Reverse order.
- Bend your knees into a squat position, hold for a few seconds.
- Maintain your squat position and raise both heels off the floor, hold for a few seconds.
- Straight your legs so you are in the full heel raise position, hold for a few seconds.
- Lower your heels to the ground to return to the starting position.
- Consider raising arms as the pictures show, or hands behind your head.

Squat



- Start in the neutral standing position.
- Move your feet slightly further than hip distance apart.
- Slowly bend your knees, keeping them in line with your feet.
- Lower backwards (as if you are sitting in to a chair) to achieve the squat position.
- Raise your arms to chest height as you lower into the squat position.
- Clench your buttocks and push through your heels to return to the start position.
- Take care not to arch your back and tilt your pelvis as you lower into the squat position.

Lunge



- Starting in a split stance- one leg forward and one leg back standing on your tip toes, ensure your feet are not too close together.
- Complete your pelvic tilt movements to find the neutral position, headlights pointing forward, bucket not spilling any water or diamond pointing straight forwards.
- Slowly bend your back knee lowering it towards the floor, allowing your front knee bend at the same time to 90°, it should not come forward over your toes.
- Clench your buttocks and straighten your back leg to return to the start position.

Single Leg Balance

- Starting in the neutral standing position.
- Slowly raise onto your toes of one leg, then continue to slowly lift your foot off the floor so you are standing on one leg.
- Clench your buttocks to maintain your level pelvis position.
- The aim is to be able to stand on one leg without having to shift your weight too much or letting your pelvis drop side to side.
 - Consider arm raises.
 - Look left/right.
 - Knee to hand/diagonal motion.
 - Hip abduction/side leg lift.



Bow and Arrow



- Starting in the neutral standing position.
- Raise both arms up to chest height.
- Place your hands together in front of you.
- Making sure your hips/pelvis keeps pointing straight forwards, slowly draw one arm towards your chest along the opposite arm as if drawing back a bow.
- As your hand reaches your chest, begin to rotate your upper body continuing the movement of your hand across your chest towards your shoulder, continue until you are facing around 90 degrees from the start position.
- Continue the movement until your arm is straight out behind you.
- You should follow the movement with your head so you end up looking behind you.
- Return to the start position by retracing the movement.
- Keep your hips forward and pelvis neutral throughout.
- Progress this into a whole body rotation, allowing the body and legs to rotate, and lifting your heel – imagine a golf swing.



Main Body

Hundreds - Level 1 (Activation of your stability muscles)



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals. Relax your rib cage, draw it slightly to your pelvis so you can feel your deep abdominal muscles working.
- Float the arms to hip level and pulse, quick and bouncy, up to a 'hundred' times.

Hundreds - Level 2



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Float one leg up to “table top” so the hip and knee are at 90°. Foot relaxed.
- If able, float the arms to hip level and pulse, quick and bouncy, up to a 'hundred' times.
- Alternate legs.

Hundreds - Level 3



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Float one leg up to 'table top' so the hip and knee are at 90°. Foot relaxed. Imprint - ensure your back is against the floor, engage your abdominal muscles and bring the other leg to join it.
- If able, float the arms to hip level and pulse, quick and bouncy, up to a 'hundred' times.

Scissors - Level 1



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Float one leg up to 'table top' so the hip and knee are at 90°.
- Lower back to the start position.
- Alternate legs using your deep abdominal muscles to help minimise any rotation of your pelvis.

Scissors - Level 2



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Float one leg up to 'table top' so the hip and knee are at 90°.
- As you lower your leg down engage your abdominal muscles a little more and start to raise your other leg from the floor into table top, you should not place your whole foot down to the floor but just touch your toes down as if dipping into a pool of water.
- Continue alternating legs - both your feet will be off the floor at some point in this exercise.

Bent Knee Fall Out (BKFO) - Level 1



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Focus upon the knees. Float one leg sideways. Imagine you have a drink balancing on the opposite knee, and a spirit level across your pelvis. Try and maintain pelvic neutral and a flat back, avoid twisting towards the moving leg. Hold for a few seconds at the limit of your movement.
- Increase your abdominals activation to return to start position.
- Alternate legs.

BKFO level 2



- Starting in the single leg table top position, activate your deep abdominal muscles.
- Float one knee out to the side, you should not be rotating so should not be able to see more of your foot than at the start and you should maintain a neutral pelvis throughout.
- Pause at the limit of your movement, increase the activation of your abdominal muscles and return to the start position.

Hip Twists



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals. Arms out to the sides/at 90°.
- Feet and knees together. Focus upon the knees. Float both legs sideways, into a relaxed stretch position. Hold for a few seconds at the limit of your movement.
- Return to the start position by peeling your ribs, back, pelvis, back onto the floor, bit by bit, using your abdominals to control this movement.

Hip Twist and Arms



As above with arms held at 90°/ right angles / up to the ceiling.

Hip Twist- Level 2



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Focus upon the knees and assume the double leg table top position. Float both legs sideways.
- Return to start position.

Shoulder Bridge - Level 1



- Pelvic neutral / lying on your back, knees bent, feet on floor in line with hips and knees.
- Perform a pelvic tilt, tip the water out of your pelvis backwards / tilt 'headlights' upwards, then clenching your buttocks continue to peel and lift your buttocks and lower back off the floor. Imagine lifting a string of pearls.
- Hold. Slowly lower back down.
- If you can feel this in the back of your thighs / hamstrings, bring your heels closer to your bottom.

Shoulder Bridge Hip Drops – Bilateral



- Pelvic neutral/ Lying on your back, knees bent, feet on floor in line with hips and knees
- Perform a pelvic tilt, tip the water out of your pelvis backwards / tilt 'headlights' upwards, then clenching your buttocks continue to peel and lift your buttocks and lower back off the floor. Imagine lifting a string of pearls.
- Hold.
- Relax the buttocks and slightly lower the pelvis, then squeeze the buttocks and lift back up.
- Hold. Slowly lower back down.

Shoulder Bridge - Level 2



- Pelvic neutral/ Lying on your back, knees bent, feet on floor in line with hips and knees
- Perform a pelvic tilt, tip the water out of your pelvis backwards/ tilt “headlights” upwards, then clenching your buttocks continue to peel and lift your buttocks and lower back off the floor. Imagine lifting a string of pearls.
- Hold.
- Hold.
 - A. Lift alternate heels
 - B. Lift one foot off the bed slightly
 - C. Straighten the knee, making sure your thighs stay parallel and your hips do not rotate
- Slowly lower back down

Curl Up – level one



- Assume pelvic neutral
- Place your hands at the back of your head, avoiding stressing your neck or alternatively keep them by your side
- Flex your chin towards your chest, maintain the peach under your chin, slide your ribs towards your pelvis thinking of sliding your hands towards your feet as your upper back moves from the floor, the ends of the shoulder blades may raise.
- Ensure your abdominal muscles are not doming/ bulging forward. Ensure your neck is relaxed and checking this by rotating and looking left/ right.
- Hold. Lower
- Progressions –
 - Float one arm down to your side
 - Float both arms by your side



Curl Up – oblique twist



- Assume pelvic neutral.
- Place your hands at the back of your head, avoiding stressing your neck.
- Flex your chin towards your chest, maintain the peach under your chin, slide your ribs towards your pelvis as your upper back moves from the floor, the ends of the shoulder blades may raise.
- Ensure your abdominal muscles are not doming/ bulging forward.
- Twist your upper body towards the left, then right.
- Hold at each rotation. Lower.

Curl Up – single table top



- Assume pelvic neutral.
- Place your hands at the back of your head, avoiding stressing your neck.
- Raise one leg to the table top position.
- Flex your chin towards your chest, maintain the peach under your chin, slide your ribs towards your pelvis as your upper back moves from the floor, the ends of the shoulder blades may raise.
- Ensure your abdominal muscles are not doming/ bulging forward.
- Hold. Lower.

Curl Up – double table top



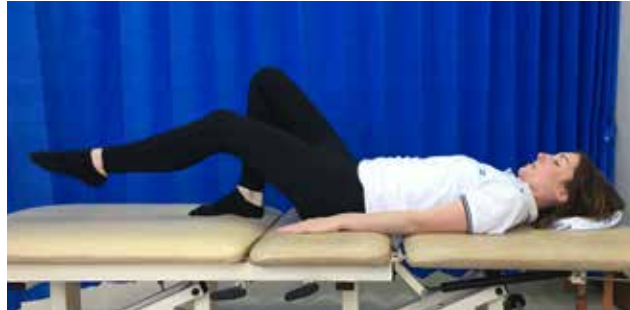
- Assume pelvic neutral.
- Place your hands at the back of your head, avoiding stressing your neck.
- Raise both legs to the table top position.
- Flex your chin towards your chest, maintain the peach under your chin, slide your ribs towards your pelvis as your upper back moves from the floor, the ends of the shoulder blades may raise.
- Ensure your abdominal muscles are not doming/ bulging forward.
- Hold. Lower.

Leg Stretch With Arms– Level 1



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Slide one heel along the floor to straighten your knee, drawing a line in the “sand”. Slide back up. Try to maintain soft ribs, pelvic neutral and a smooth movement.
- As you do this, raise your arms above your head and then circle them down towards your side to the start position.
- Alternate legs.

Leg Stretch With Arms - level 2



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Lift your foot from the floor approx. 1-2 inches, slide one heel away from you to straighten your knee, drawing a line in the “sand”. Slide back up. Try to maintain soft ribs, pelvic neutral and a smooth movement.
- As you do this, raise your arms above your head and then circle them down towards your side to the start position.
- Alternate legs.

Leg Stretch With Arms, From Table Top



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Float one leg up to “table top” so the hip and knee are at 90°. Foot relaxed. Bring the other leg to join it.
- From here, slide one heel away from you to straighten your knee. Bring it back to table top. Try to maintain pelvic neutral and a smooth movement.
- As you do this, raise your arms above your head and then circle them down towards your side to the start position.
- Alternate legs.

One Leg Circle - Level 1

- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Float one leg up to “table top” so the hip and knee are at 90°. Foot relaxed.
- Imagine you have a pencil attached to your knee and draw a circle approx. the size of a grapefruit on the ceiling.
- Try to keep pelvis level and imagine a drink on the opposite knee – avoid spilling it.
- Lower.



One Leg Circle - Level 2

- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Float one leg up to “table top” so the hip and knee are at 90°. Foot relaxed.
- Straighten knee. Imagine you have a pencil attached to your foot and draw a circle approx. the size of a grapefruit on the ceiling.
- Try to keep pelvis level and imagine a drink on the opposite knee – avoid spilling it.
- Lower.
- Alternate legs.
- Progress to lifting arms.



One Leg Circle From Table Top – Knees Bent



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Float one leg up to “table top” so the hip and knee are at 90°. Foot relaxed. Bring the other leg up to join it.
- Imagine you have a pencil attached to your knee of one leg and draw a circle approx. the size of a grapefruit.
- Try to keep pelvis level and imagine a drink on the opposite knee – avoid spilling it.
- Lower.
- Alternate legs.

One Leg Circle From Table Top – One Knee Straight



- Ensure you are in pelvic neutral and your back is flat to the bed and there is a gentle activation of your lower abdominals.
- Float one leg up to “table top” so the hip and knee are at 90°. Foot relaxed. Bring the other leg up to join it.
- Straighten your knees. Imagine you have a pencil attached to your foot and draw a circle approx. the size of a grapefruit.
- Try to keep pelvis level and imagine a drink on the opposite knee – avoid spilling it.
- Lower.
- Alternate legs.

The Clam – level one



- Lying on your side, straighten your knee so your heels are in line with your hips and head, and then bend the knees forward approx. 90°. Find your side lying start position.
- Raise your heels to check they are in line with your hips.
- Keep your hips stacked on top of one another/ slightly rolled forward so not to roll backwards.
- Keep your heels together
- Rotate/draw you top knee up towards the ceiling.
- Hold. Slowly lower back down
- You will feel your hip/ buttock ache.

The Clam – level two



- Lying on your side, straighten your knee so your heels are in line with your hips and head, and then bend the knees forward approx. 90°. Find your side lying start position.
- Raise your heels to check they are in line with your hips. Keep the feet raised.
- Keep your hips stacked on top of one another/ slightly rolled forward so not to roll backwards.
- Keep your heels together.
- Rotate/draw your top knee up towards the ceiling.
- Hold. Slowly lower back down
- You will feel your hip/ buttock ache.

The Clam – level three



- Lying on your side, straighten your knee so your heels are in line with your hips and head, and then bend the knees forward approx. 90°. Find your side lying start position.
- Raise your heels to check they are in line with your hips. Keep the feet raised.
- Keep your hips stacked on top of one another/ slightly rolled forward so not to roll backwards.
- Keep your heels together.
- Rotate/draw you top knee up towards the ceiling.
- Straighten your top knee.
- Hold.
- Return to level two position. Slowly lower back down
- You will feel your hip/ buttock ache.

Lift and Lower - neutral



- Lying on your side, straighten your knee so your heels are in line with your hips and head. Slightly open your bottom knee for support. Find your side lying start position.
- Float your top leg towards the ceiling, try not to turn the toes up to the ceiling, or bring the leg in front of your body line.
- Hold.
- Lower.

Lift and Lower – altered toe position



- Lying on your side, straighten your knee so your heels are in line with your hips and head. Slightly open your bottom knee for support. Find your side lying start position. Either
 - Start with your toes pointing towards the floor or ceiling and float your top leg towards the ceiling, try not to bring the leg in front of your body line.
- OR
 - Float your top leg towards the ceiling, try not to bring the leg in front of your body line, then rotate your toes towards the ceiling or floor.
- Hold. Lower.

Lift and Lower – circles



- Lying on your side, straighten your knee so your heels are in line with your hips and head. Slightly open your bottom knee for support. Find your side lying start position.
- Float your top leg towards the ceiling, try not to turn the toes up to the ceiling, or bring the leg in front of your body line.
- Using the whole leg, keeping the knee straight, draw a circle approx. the size of a wall clock. Try clockwise and anti-clockwise.
- Lower.

Side Kick – Level 1



- Lying on your side, straighten your knee so your heels are in line with your hips and head. Bend both knee to 90°, so that the feet go behind your body line and your thighs stay in line with your trunk. Find your side lying start position.
- Float the top leg up to hip height.
- Float the leg forwards and backwards in a walking/ running type motion.
- Keeping your pelvis neutral and clench your buttocks to pull the leg behind you so your back doesn't arch.
- To progress this, straighten the top knee, but maintain a bent bottom knee.

Side Kick – Level 2



- Lying on your side, straighten your knee so your heels are in line with your hips and head. Find your side lying start position.
- Float the top leg up to hip height.
- Float the leg forwards and backwards in a walking/ running type motion.

Inner Thigh Leg Lift – slow



- Lying on your side, straighten your knee so your heels are in line with your hips and head. Bend the top knee to 90°, so that the knee is in front of you. Find your side lying start position.
- Lengthen the bottom leg
- Lift the lower leg towards the ceiling, ensuring you maintain the waist space/ ray of light/ mouse hole.
- Hold. Lower

Inner Thigh Leg Lift – fast



- Lying on your side, straighten your knee so your heels are in line with your hips and head. Bend the top knee to 90°, so that the knee is in front of you. Find your side lying start position.
- Lengthen the bottom leg
- Lift the lower leg towards the ceiling, ensuring you maintain the waist space/ ray of light/ mouse hole.
- Try increasing the speed
- Hold. Lower

Inner Thigh Leg Lift – pulsed



- Lying on your side, straighten your knee so your heels are in line with your hips and head. Bend the top knee to 90°, so that the knee is in front of you. Find your side lying start position.
- Lengthen the bottom leg
- Lift the lower leg towards the ceiling, ensuring you maintain the waist space/ ray of light/ mouse hole.
- Try pulsing the leg quick and bouncy
- Hold
- Lower

Arm Opening – short lever



- Lying on your side. Bend both knees to 90 degrees, so that the knees come forward slightly. Find your side lying start position.
- Lie with your arms outstretched and your palms together, stacked on top of each other.
- Bring the top arm backwards in the motion of a “bow and arrow”, allowing the upper body to rotate and the chest to open towards the ceiling. Keep your arm, chest and head moving as far round as you feel comfortable.
- Make sure your hips remain pointing forwards.
- Follow the movement of your arm with your head.
- Repeat on both sides.

Arm opening – long lever



- Lying on your side, straighten your knee so your heels are in line with your hips and head. Bend both knees to 90 degrees, so that the knees come forward slightly. Find your side lying start position.
- Lie with your arms outstretched and your palms together, stacked on top of each other.
- Reach the top arm upwards towards the ceiling and allow the upper body to rotate and the chest to open towards the ceiling. Keep your arm, chest and head moving as far round as you feel comfortable.
- Make sure your hips remain pointing forwards.
- Follow the movement of your arm with your head.
- Repeat on both sides.

Swan Dive - Level 1



- Assume the prone lying position. Place your hands by your sides as the picture shows.
- Gently perform a chin nod – slightly tuck the chin in, keeping your face facing the floor, and not looking in front of you.
- Hold. Lower.

Swan Dive - Level 2



- Assume the prone lying position.
- Gently perform a chin nod – slightly tuck the chin in and lift your head from the towel, keeping your face facing the floor, and not looking in front of you. Alternatively, place your hands by your ears as the picture shows.
- Hold. Lower.

Swan Dive – Level 3



- Assume the prone lying position. Place your hands by your ears as the picture shows.
- Gently perform a chin nod – slightly tuck the chin in and lift your head from the towel, keeping your face facing the floor, and not looking in front of you.
- Lift your arms from the bed.
- Hold. Lower.

Prone Hundreds/ Breast Stroke – arms

- Assume the prone lying position. Place your hands on the floor by your hips.
- Gently raise shoulder blades from the floor, sliding your shoulder blades towards your trouser pockets, keeping your shoulders and ears apart.
- Raise the arms so that the hands are level with your hips. Pulse the arms quick and bouncy a “hundred” times.
- Lower.



Prone Hundreds/ Breast Stroke – arms and head

- Assume the prone lying position. Place your hands on the floor by your hips.
- Gently raise shoulder blades from the floor, sliding your shoulder blades towards your trouser pockets, keeping your shoulders and ears apart.
- Raise the arms so that the hands are level with your hips. And then lift the head from the towel, performing a chin nod like in swan dive. Pulse the arms quick and bouncy a “hundred” times.
- Lower.



Prone Hundreds/ Breast Stroke – arms different ranges



- Assume the prone lying position. Place your hands on the floor approx. 1 foot away from your hips.
- Gently raise shoulder blades from the floor, sliding your shoulder blades towards your trouser pockets, keeping your shoulders and ears apart.
- Raise the arms. Pulse the arms quick and bouncy a “hundred” times.
- Hold.
- Lower.
- Increase the distance between your hips and arms, working up to 90° apart, and higher.

Swimming - Level 1



- Assume the prone lying position. Place your hands out in front of/above you, as the picture shows. Ensure your neck remains relaxed.
- Gently raise one arm from the floor. Try keeping your shoulder down and a long neck, so not to over work the neck muscles, try not to let your back arch and only lift as far as you can control, without your back arching.
- Lower.
- Alternate.

Swimming - Level 2



- Assume the prone lying position. Place your hands by your hips.
- Gently raise one leg from the floor, squeezing through your buttocks. Try not to arch the lower back.
- Lower.
- Alternate.

Swimming – Level 3



Combine level one and two – alternate arm and leg.

Superman – level 1



- Start on all 4s, hands under shoulders, knees under hips.
- Find pelvic neutral, draw up through your lower abdominals.
- Rock onto the hands slightly, then back onto the knees, ensuring you maintain pelvic neutral.
- Keep the soft peach under your chin and your neck long.

Superman – level 2



- Start on all 4s, hands under shoulders, knees under hips.
- Find pelvic neutral, draw up through your lower abdominals
- Rock forwards slightly onto the hands, and then lift one arm as the picture shows.
- Try not to let your hips rotate, or your back arch/ drop, or your shoulder hitch to your ears.
- Hold, lower.

Superman - level 3



- Start on all 4s, hands under shoulders, knees under hips.
- Find pelvic neutral, draw up through your lower abdominals.
- Rock forwards slightly onto the hands, and then lift one arm as the picture shows.
- Add to this by sliding one foot along the floor (opposite to the raised arm), squeeze the buttock and lift the leg as shown.
- Try not to let your hips rotate, or your back arch/ drop, or your shoulder hitch to your ears.
- Hold.
- Lower.

Cool Down

Cobra



- Lie face down on the bed, hands underneath your shoulders.
- Keeping your hips on the bed, and squeezing your buttocks, push up through your arms to arch your back.
- You will feel a stretch around your lower back.

Thread the needle



- Start on your hands and knees.
- Reach one hand through the gap between your opposite arm and leg.
- Ensure your rib cage and shoulders moves round with your arm, stretching the middle of your back.
- Then unfold and rotate in the opposite direction, lifting your arm, chest and head to the ceiling.
- Feel the stretch in your back.

Shell Stretch/ Childs Pose



- On your hands and knees, stretch your hands out in front of you, keeping your arms straight.
- Slowly lower yourself down, sitting towards your heels.
- You may feel a stretch in your lower back.

Cat stretch/ 4 Point Kneel Pelvic Tilt



- On your hands and knees, hands under shoulders, knees under hips.
- Draw up through your abdomen to round your back, tuck your bottom and head in, “cat” stretch
- Slowly move into the opposite direction, arching your arch, sticking your bottom and chin up and out.
- You may feel a stretch around your lower back.



- Lie down and support your hip at a 90° angle with your hands.
- Try to straighten your knee and feel a stretch at the back of your leg.

Gluts and Hamstring Stretch

- Lie back on the bed and draw your knee to your chest.
- Draw your knee across the midline slightly.
- Pull your ankle across the midline.



Seated Saw



- Sitting on the floor.
- Legs wide at 10.00 - 02.00.
- Sitting tall on your bum bones, in pelvic neutral, use a folded towel under your buttocks if your legs / hamstrings feel too tight.
- Arms raised to mirror legs.
- Maintaining pelvic neutral / sitting tall, twist your chest, head and arms to the side. Then float the opposite finger tips towards the opposite toes.
- Hold. Return to start position.

High Kneel Hip Flexor Stretch



- Kneel with your effected leg on the floor/ pillow, with your opposite leg bend up in front.
- Keep body up tall, squeeze buttocks and push hips forward slightly.
- Feel the stretch across the front of the hip / thigh of the leg on the floor.

If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary
Telephone 01484 342434

MSK Physiotherapy Admin Office
Telephone 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"