

Advanced Core Floor Exercises



Cat / Camel stretch

On hands and knees. Let stomach muscles relax and spine sag down. Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat'. Lower back down and repeat. Move within your pain free range of motion.



Leg Extension Quadruped

On hands and knees, maintain abdominal hollow and keep back flat. Extend one leg behind until parallel with floor, keeping upper body stable. Return knee to floor and alternate.



Arm/Leg Raise Quadruped

On hands and knees, maintain abdominal hollow and keep back flat. Slowly raise one arm up until parallel with floor. Keep body stable. Hold. Lower arm and then raise opposite leg up off floor. Keep buttocks tight and avoid twisting lower body. Hold, lower then repeat steps.



Cross Crawl Quadruped

On hands and knees, maintain abdominal hollow and keep back flat. Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor. Keep trunk square and stable. Return arm and leg to floor and alternate.



Superman

Lying on stomach with arms over head and thumbs pointing up to ceiling. Maintain a slight chin tuck position (avoid looking up with head) and raise chest slightly up off the floor. Hold, lower and repeat.

This exercise is best done 3-6 times per day. Repeat between 5-10 times

The more you do it the quicker your body will adapt to it.

You should feel tension but NO PAIN.

WARNING: DO NOT CONTINUE THIS EXERCISE IF THERE IS PAIN AND CONSULT THE CLINIC

Advanced Lower Back Floor Exercises



Active Knee to Chest

Laying on back, hug both knees to chest. Gently push knees up to ceiling (against resistance). Then hug knees tight to chest again hold and repeat.



Bridge

Lie on back with knees bent and feet flat on the floor. Place arms 45° at sides with palms up. From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position. Shoulder blades should remain on floor. Hold at end position, then lower and repeat.



Bridge Leg Extension

Holding the bridge position, maintain pelvic tilt and abdominal hollow. Slowly raise and extend one leg out until it is straight, keeping pelvis level. Lower foot back to floor and alternate.



Active Fig.4 Knee to Chest

Lying on back, knees bent with feet flat on the floor. Cross one ankle onto opposite knee. Hug around both legs and bring up toward chest (to comfort). Gently push outer knee into elbow and hold. Relax and hug both legs closer to chest. Hold, relax, and repeat.



1/2 Side Bridge

Lying on one side with knees bent keeping knees, hip and shoulder in line. Support upper body on elbow, placing elbow directly under shoulder. Raise hip up off floor. Avoid rotating forward or backward.



Lumbar Extension Full

Lying on stomach with hands on floor at shoulder level. Slowly push upper body up off floor keeping pelvis in contact with floor. Keep buttocks relaxed and allow low back to 'sag'.

This exercise is best done 3-6 times per day. Repeat between 5-10 times

The more you do it the quicker your body will adapt to it.

You should feel tension but NO PAIN.

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