



Core Stability Exercise Programme

Before commencing the following exercise programme, ensure you are able to contract your core muscles correctly whilst continuing to breathe normally. It is important to contract the core muscles before carrying out each exercise and to ensure each movement is performed slowly, steady and in control, whilst keeping everything else relaxed. If you experience any pain or 'pulling' sensation whilst carrying out the exercises, speak to your Sports Therapist or Chiropractor who can advise you on an alternative to the exercise. Never work through the pain as you may be causing harm and injury.

- 1) Lie on your back knees raised with your feet and palms flat on the floor. Slowly and steadily slide your right leg out keeping the foot as close to the floor as possible, then slide your leg back to its starting position. Repeat the movement with your left leg. **Reps = 10-15**

N.B. to advance this movement, aim to keep the foot a few inches off the floor as you slide the leg out.

- 2) Lie on your back, knees raised and feet flat on the floor. Using a controlled movement let the right knee fall slowly to the side about 45° then bring it back to the starting position. Repeat on the left side.

Reps = 10-15

- 3) Lie on your back, knees raised and palms flat on the floor. Slowly raise your hips off the floor to a bridge then lower back down, ensuring the core muscles are contracted throughout the exercise. **Reps= 8-12**

N.B. to advance this movement, when in the bridge position extend your leg at the knee, ensuring there is no movement through the hip joint.

Balanced
Younger
Stronger
Healthier

www.jerseychiropractic.com Less Tired



- 4) Lie on your back with your feet on a Swiss Ball. As you extend your legs and roll the ball out, keeping your feet still, raise your hips off the floor. As you lower your hips down, bring your knees in towards you. **Reps = 10-15**
- 5) Lie on your back with legs raised into table top position. Keeping the lower back pressed into the floor and core contracted, slowly lower one leg keeping the knee at a 90° to tap the toe on the floor then raise back to meet the other leg in table top. **Reps = 8-12**
- 6) On all fours, ensuring there is no swaying or rotation of the pelvis, slide your right foot out directly behind you, keeping the foot in contact with the floor. Bring the leg back to its starting position and repeat with the left side. **Reps = 8-12**
N.B. to advance this movement, keep the foot raised off the floor so your leg is in-line with your back.
- 7) On all fours, raise your right arm up to your ear then lower back to its starting position. Repeat with your left arm. **Reps = 8-12**
- 8) On all fours, slide your right leg out behind you and raise your left arm up to your ear, ensuring no swaying or rotation of the pelvis occurs. Repeat with the opposite arm and leg. **Reps 10-15.**
N.B. to advance this movement, instead of placing the hand and leg back on the floor between movements, bring the elbow and knee to touch under the body and extend back out again - perform all reps on one side before repeating on the other side.



www.jerseychiropractic.com Less Tired



- 9) On all fours, extend opposite arm and leg as in exercise previous, keeping the torso still, windmill the arm and leg out to the side, aiming for them to be on a diagonal. Bring back to centre and relax arm and leg down, repeat on opposite side. **Reps = 10-15**
- 10) Sitting up straight with legs extended out in front of you, and hands placed on the lap, roll down to lie flat on your back. Ensure you roll down as slow as possible, vertebra by vertebra. From the lying position, using only your core muscles, sit yourself up straight. **Reps = 8-12**
N.B. to advance this move keep the arms by the ears throughout.
- 11) Lying face down, place the arms bent in front of you. Keeping the neck and shoulders relaxed, and eyes looking down to the floor, raise your torso off the floor slightly. Ensure you keep your core muscles contracted throughout and to not allow the back to arch. **Reps = 10-15**
N.B. to advance this move, place the hands lightly by the ears and keeping the eyes looking down to the floor raise the torso (you will have a little more range of movement in this position).
- 12) Lie down so your resting on your forearms and knees, lower your back so you in the plank position. Aim to hold it for up to 2minutes. **Reps = 3-6**
N.B. to advance this move, come off the knees so you're just resting on your toes in full plank. To advance further, army walk forward for 6 and back for 6.
- 13) Go down into full plank position. Keeping the ankles pressed together, roll the right arm up in the air into side plank. Hold for 30seconds, lower and repeat immediately on opposite side. **Reps = 3-6**



www.jerseychiropractic.com



14) Sitting on the Swiss Ball raise each foot off the floor. This can be progressed to straightening the leg out in front of you and then bring the knee out to the side.
Reps = 15-20

15) Sitting on the Swiss Ball, walk your feet out so your shoulders and upper back are on the ball (in bridge). Walking your feet back in, use your core muscles to sit yourself back up. **Reps = 6-10**

N.B. to advance this move, when in bridge position, extend your right leg out straight, hold for 3 seconds and place back on the floor, repeat with left leg then sit yourself back up.

16) On knees with hands on Swiss Ball, keeping back straight lower yourself towards Swiss Ball then extend your arms. Ensure you are only on your knee caps and not on your shins. Your weight should be 'unbalanced', so your arms are taking the weight. **Reps = 6-10**

17) Sitting on the Swiss Ball, walk your feet out so your back is resting on the Swiss Ball. Perform standard sit-ups, and then twisting sit-ups, ensure not to pull on the neck, hands should just be 'placed' at the side of the head. **Reps = 15-20**

18) On hands and knees over the Swiss Ball, walk hands out until you're in 'press up' position, with your shins/feet on the Swiss Ball. Hold for 3 seconds then walk your hands back in to the starting position.

Reps = 6-10

N.B. to advance this exercise, try to do a press up whilst your holding the press up position.

Balanced

Younger

Stronger

Healthier

www.jerseychiropractic.com Less Tired





- 19) Perform the move as above in number 18, once in the press up position, roll the Swiss Ball in towards your hands with your feet and the roll back out.
Reps = 6-10

On completing the exercise programme, ensure you stretch your back out well.

Your Sports Therapist and Chiropractor can advise you on these stretches and provide you with any others that may be of benefit.



Balanced
Younger
Stronger
Healthier

www.jerseychiropractic.com Less Tired