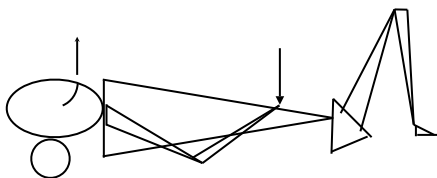


Core Stability & Spinal Strengthening

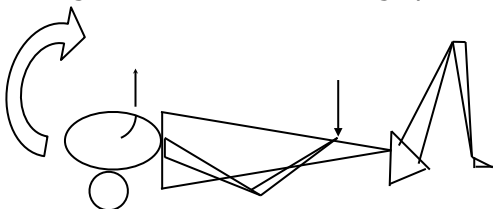
Core:

1. Lie on Back, legs bent, feet flat on floor, head supported on tightly rolled towel.
2. Focus breathing abdominally by placing hands onto abdomen and breathe in to the hands, gently press down with hands as you breathe out.
3. When you have mastered this, breathe in to your hands and as you breathe out, tuck your stomach in as if you are trying to touch your spine with your navel.
4. When you are comfortable with this, as you breathe out, tuck in and hold in for the next 5 breath cycles (in and out).
5. Relax then repeat.
6. Over a period of days, slowly increase the number of breaths you are "tucked in" for.



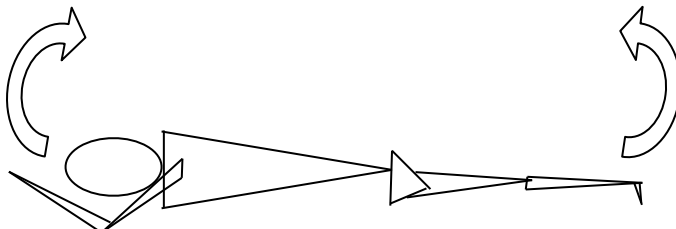
Abdominal (Crunches):

1. As Core, but on the out-breath, lift the head and shoulders until the shoulder blades just leave the floor.
2. Return to normal.
3. Repeat 20 times.
4. Repeat but with one leg crossed over other, lifting up towards crossed leg



Spinal:

1. Lying on your front, arms at shoulder-level, bent at the elbows, as if reaching up.
2. Lift, head & arms and feet & legs at the same time about 15 cm from floor.
3. Return to normal.
4. Repeat 20 times.



In all exercises, work up to it. Start with fewer repetitions. Stop if it causes pain and try again the next day. Wait for three weeks from starting the abdominal exercises before doing the spinal strengthening exercises.