



FISIOTERAPIE PHYSIOTHERAPY

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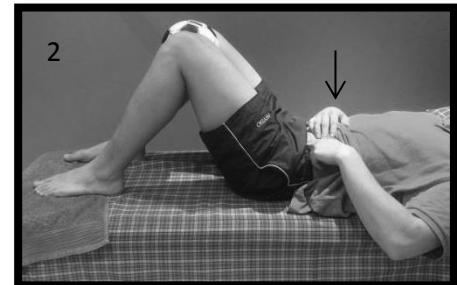
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Core Strengthening

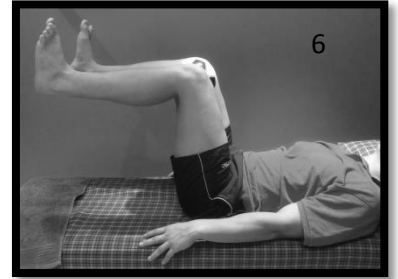
1. TrA activation
 - a. Lie down on your back.
 - b. Bend both knees so that your feet are flat on the bed.
 - c. Push the small of your back flat against the bed.
 - d. Try to move your belly button up towards your head and in towards your spine.
 - e. Hold for 5-10 seconds.
2. TrA activation with adductor squeeze
 - a. Lie down on your back.
 - b. Bend both knees so that your feet are flat on the bed.
 - c. Push the small of your back flat against the bed.
 - d. Now squeeze a towel/ball between your knees
 - e. Hold for 5-10 seconds.
3. Adductor squeeze with bridging
 - a. Lie down on your back.
 - b. Bend both knees so that your feet are flat on the bed.
 - c. Push the small of your back flat against the bed.
 - d. Squeeze a towel/ball between your knees
 - e. Now lift up your buttock towards the ceiling.
 - f. Remember to keep your feet flat.
4. Crunch with hand tuck
 - a. Lie down on your back.
 - b. Bend both knees so that your feet are flat on the bed.
 - c. Cross your arms over your chest.
 - d. Tuck your hands so that your palms are facing away from your body.
 - e. Push the small of your back flat against the bed.
 - f. Curl your head and shoulder blades up off the bed towards your knees.
 - g. Hold 5-10 seconds.
5. Flossing
 - a. Lie down on your back.
 - b. Bend both knees so that your feet are flat on the bed.
 - c. Push the small of your back flat against the bed.
 - d. Hold your knee with both hands.
 - e. Straighten and bend your knee slowly.



PLEASE NOTE THAT ALL THE FOLLOWING EXERCISES ARE ADVANCED EXERCISES FOR STRENGTHENING. DO NOT DO THESE EXERCISES IF YOU STILL COMPLAIN OF BACK PAIN.

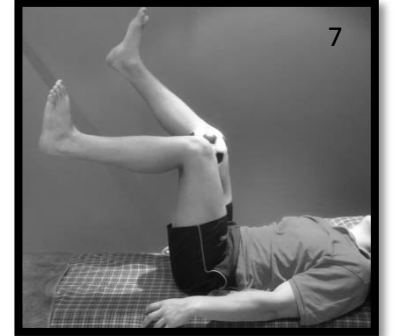
6. Adductor squeeze with hip flexion

- a. Lie down on your back.
- b. Bend both hips to 90°
- c. Squeeze a towel/ball between your knees.
- d. Lift both knees to 90°.
- e. Hold for 5-10 seconds.



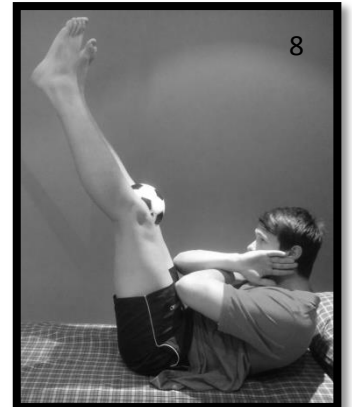
7. Adductor squeeze with knee flexion and extension

- a. Lie down on your back.
- b. Bend both hips to 90°
- c. Squeeze a towel/ball between your knees.
- d. Bend and straighten your knees.



8. Adductor squeeze with crunch

- a. Lie down on your back.
- b. Cross your arms over your chest.
- c. Tuck your hands so that your palms are facing away from your body.
- d. Bend both hips to 90°
- e. Squeeze a towel/ball between your knees.
- f. Lift both knees to 90°.
- g. Straighten your knees.
- h. Now lift your head and shoulder blades up from the bed.



9. Adductor squeeze with knee extension bridge

- a. Lie down on your back.
- b. Bend both knees so that your feet are flat on the bed.
- c. Push the small of your back flat against the bed.
- d. Squeeze a towel/ball between your knees
- e. Now lift up your buttock towards the ceiling.
- f. Remember to keep your feet flat.
- g. Straighten one of your knees

