

Rehabilitation Guide

Intermediate Pilates Exercises



1) Neutral Pelvis



Lie down with knees up and feet flat on floor. Tilt pelvis so that you are flattening the arch in the low back. Maintain maximum contact of the lower back with the ground. Come back to the centre of your pelvic range of movement and repeat. Breathe normally.

3) Pilates Breathing



Lie with your knees up and pelvis in neutral. Place one hand on your abdomen and observe your natural breathing. Breathe in through your nose and out through your mouth. Now focus on expanding your chest sideways and in to the floor instead of rising and falling. Breathe out during the hardest part of each exercise. Don't stop contracting pelvic floor and abdominal muscles.

5) Bridge with Pillow



Lie with a neutral spine with a pillow between your knees and stabilise your pelvis. Whilst breathing out raise your buttocks off the floor and hold for 5 seconds. Return to neutral and repeat 5 to 10 times.

8) Knee Raises



Lie in the neutral position and stabilise your pelvis. From a bent leg position, extend your leg to a straight leg position pushing with your lead first. Repeat 10 times alternating legs. Be aware you do not arch your back during this exercise.

smart tips...

- Pilates exercises encourage the use of core stabilising muscles that support and protect the spine
- It is essential you perform these exercises using the correct techniques, therefore we recommend you seek training from a qualified Pilates instructor
- Always take time to breathe correctly and neutralise your spine prior to commencing an exercise
- Use slow controlled movements
- Perform each exercise five to ten times
- Commence each exercise in the "Neutral Pelvis" position
- Maintain internal stabilisation of your pelvis throughout the duration of each exercise
- Stop performing these exercises if pain occurs

2) Internal Stabilisation



Contract the muscles between your belly button and pubic bone (pelvic floor muscles). Focus on slowly and gradually contracting these muscles.

4) Hundred



Stabilise your pelvis and bring one knee at a time up to your chest. Tuck in your chin and lift your chest off the ground (do not curl your neck). Whilst breathing in for five counts pump your arms up and down (up to 10cm off ground). Repeat for 5 counts.

6) Double Knee Stretch



Lie in the neutral position and stabilise your pelvis. Breathe out, and bring both knees up to your chest. Curl your shoulders off the floor and use your hands to pull your knees towards you for 5 seconds. Return to neutral and repeat with the other knee.

7) Lying Side Flex



Lie on your side with one arm underneath your head and the other on top of your hip. Breathe out and slowly raise your top leg as far as comfortable. Return to side lying. Repeat on same leg 5 times then change sides.

9) Table Top 1 Arm



Kneel on your hands and knees. Make sure your spine is neutral (no big curves or humps). Stabilise your pelvis. Breathe out and extend one arm out as far as comfortable. Breathe in and return to neutral. Do not let your weight shift from arm to arm. Repeat 10 times.



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