

# Rehabilitation Guide

## Advanced 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) Pyramid



Lie on your stomach and propped up on your elbows. Connect your hands in a diamond shape. "Neutralise"(1) your spine and "stabilise"(2) your pelvis. Clench your buttocks and raise your waist and legs off the ground. Hold for 5 seconds and return to neutral.

### 8) Table Top with Leg Action



Kneel on your hands and knees. Make sure your spine is neutral (no big curves or humps). Stabilise your pelvis(2). Breathe out and extend one leg back as far as comfortable. Breathe in and return to neutral. Do not let your weight shift during this exercise. Repeat 10 times alternating legs.

## 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 whilst exhaling.

### 6) Single Leg Stretch



Lie in the "neutral position"(1) and "stabilise" your pelvis(2). Place one foot on the floor and the other raised in the air to 45°. Slowly lower your leg (in its extended position) to 2cms above floor height. Keep your back flattened. Return to the start position and repeat.

### 7) Star



Lie on your front with a small pillow under your head and stomach. Form a star shape by extending your arms and legs. Keep your spine in "neutral"(1) and "stabilise"(2) your pelvis. Breathe out and lift your right arm and left leg 5cm off the ground. Repeat 10 times alternating legs.

### 9) Superman Pose



Kneel on your hands and knees with your spine in neutral (no big curves or humps). Stabilise your pelvis. Breathe out and extend your left arm and right leg simultaneously. Breathe in and return to neutral. Repeat 10 times alternating sides.



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