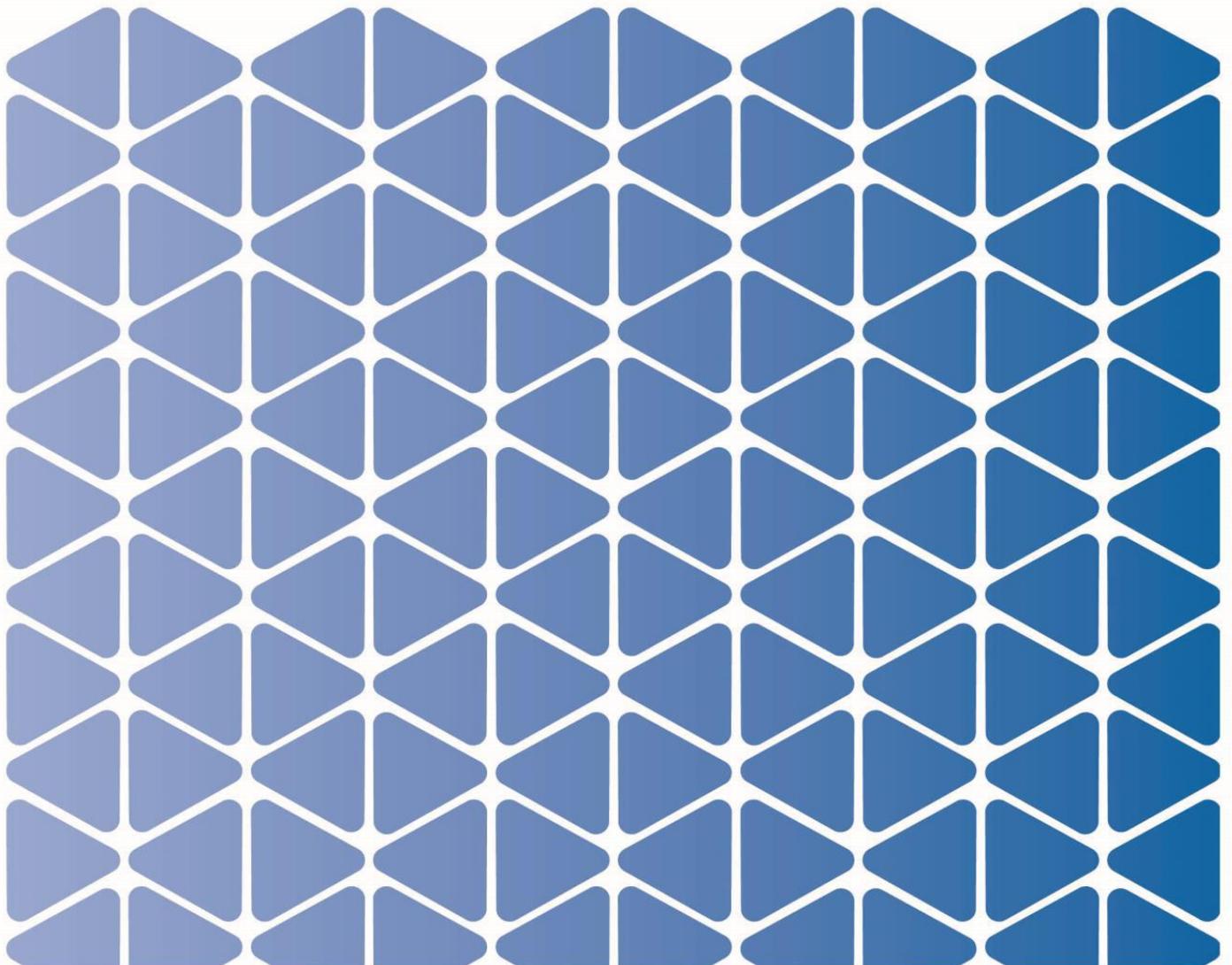




PATIENT INFORMATION
Physiotherapy Department

CORE STABILITY

2



What is it and why is it so important?

The core is the area around your trunk from the ribs downwards.

A lack of core stability contributes to the continuation of lower back. Additionally, without a stable core more advanced movement patterns can be difficult to achieve.

The exercises in this leaflet are designed to activate the main core stabiliser muscles called the transverse abdominus and multifidus.

Imagine these muscles like a corset giving support to the lower spine.

Before starting your exercises, you have to be able to find what we call a 'neutral spine' position.

Finding neutral spine

1. Lie on your back and tilt your pelvis back by pressing your lower back into the bed.
2. Now tilt your pelvis forward (the other way) making the gap between your lower back and the bed as big as possible.
3. Now find your mid position between the two extremes. This is your neutral spine.
4. This position can also be found in sitting and standing, where your abdominal muscles are engaged and a stable pelvis is maintained.

Breathing

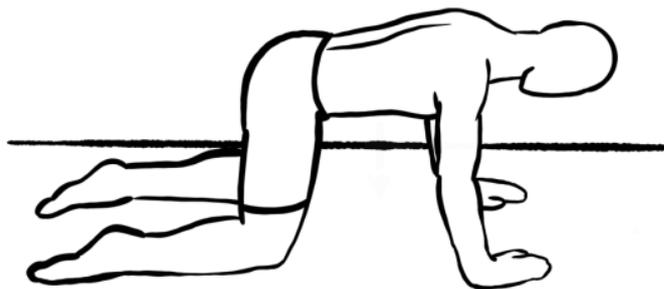
Breathing in and out at the right times whilst doing your exercises is one of the most difficult things to learn. It is important because some muscle groups work better on the outward breath. For this reason you will be taught to breathe out during the part of the exercise that requires the most effort.

Core Exercises 2

1. Positioned on your hands and knees, round your back to create an arch, pulling your abdominal muscles in to bring your belly button towards your spine and then sink back down to create a hollow.



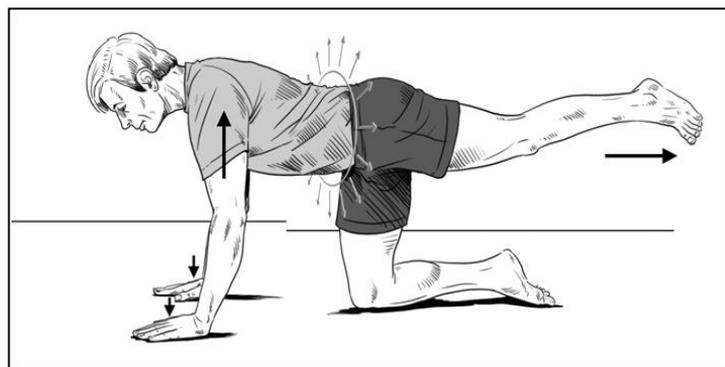
As with earlier exercises in crook lying you can find your neutral spine in this position and this must be maintained within the subsequent exercises in four point kneeling



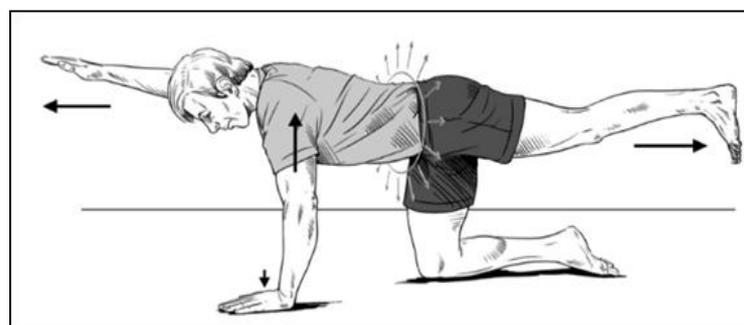
2. Positioned on your hands and knees as above, reach your right arm forwards, keeping your body in midline. Return to the starting position and repeat on the other side.



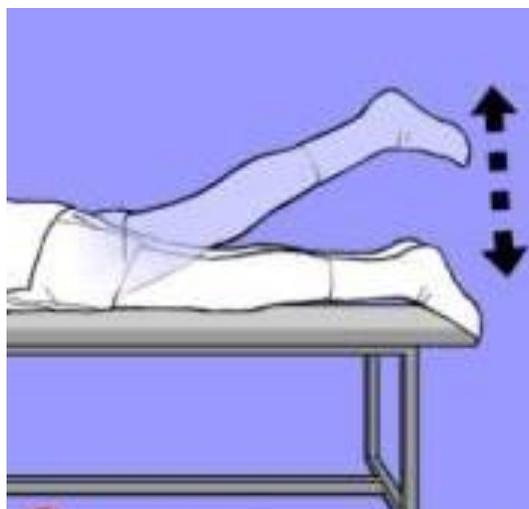
3. Positioned on your hands and knees, raise your left leg out behind you keeping the rest of your body still. Return to the starting position and repeat on the other side.



4. Positioned on your hands and knees, raise your left leg out behind you and then your right arm in front of you keeping your back straight. Return to the starting position and repeat on the other side.



5. Position yourself lying on your stomach. Start with your leg on the bed. Squeeze your stomach muscles and slowly lift your leg off the bed. Keep your knee straight and make sure both hips stay in contact with the bed.

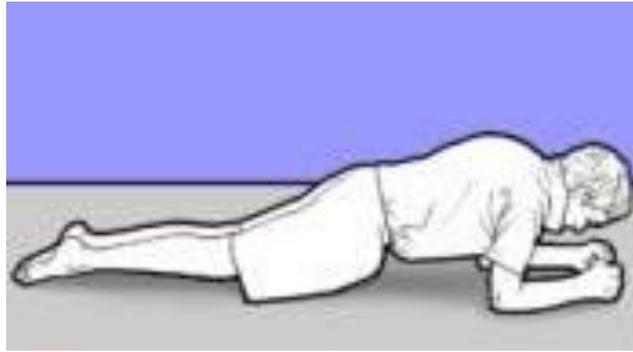


6. Lying on your stomach, your arms straight up above your head. Slowly lift your arms and chest away from the floor, hold for 3 seconds then slowly lower back to the floor. Then keep your chest down on the floor, squeeze your buttocks and lift your legs away from the floor. Hold for 3 seconds. Progress this exercise to lift your arms and legs at the same time and then alternate opposite arm/leg.

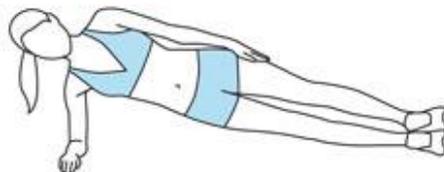
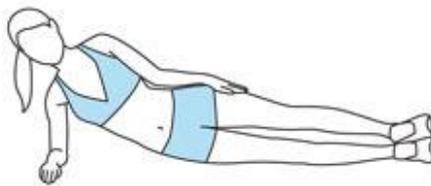


7. Position yourself lying on your stomach on with your elbows bent and your forearms resting on the floor/bed. Initially you can begin this exercise with your weight spread between your arms and knees but progress to having your legs straight, toes underneath you and lift your hips off the floor, to maintain a plank-like position.

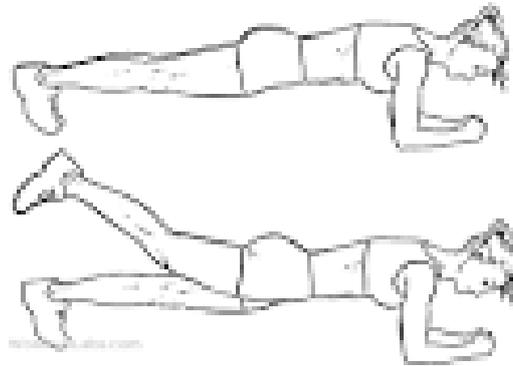
When your back and stomach start to wobble slowly lower to your knees.



8. Side plank - lying on your side leaning on your elbow. Place your feet on top of each other, lift your hips up so your body is straight. Hold for 10-30 seconds. Progress to lifting your top arm up above your head.



9. Get into plank position. Slowly raise one leg up behind you, keep your knee straight, then slowly lower. Repeat with the other leg.



10. Lie down on the floor with your legs supported on chair/stool as in diagram. Brace your stomach muscles and lift your knees up towards the ceiling. (Do not push your feet down into the chair/stool). Hold for 3 seconds then lower your knees down (it is only a small movement).

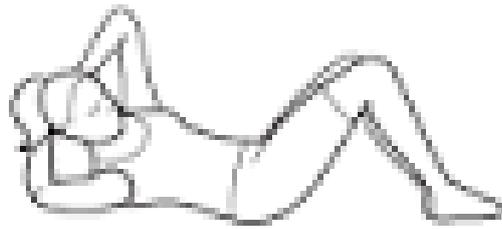
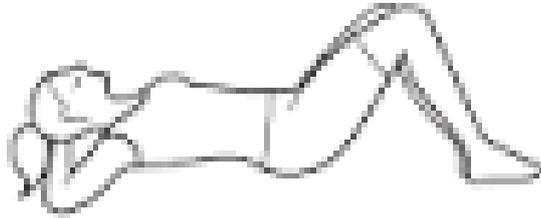


11. Corkscrew. Lie on your back with your knees bent. Raise your legs and move your knees slowly around in a circle.

Progression: straighten your legs.



- 12.** Oblique crunches. Lie on your back with your knees bent and feet on the floor. Place your hands behind your head (do not pull on your head), slowly take your left elbow to your right knee. Repeat with the opposite side.



If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.