



Core Stability/Strengthening Activities

Cats, Dogs and Finding Neutral Spine



- ◎ Start on all 4s
- ◎ Arch your back up like an angry cat
- ◎ Keeping your arms and legs in the same position, drop your spine down to arch your back
- ◎ “Neutral spine” is the mid point position between these two.

Child Pose



- ◎ Start on your hands and knees.
- ◎ Arch your back like an “angry cat”.
- ◎ Keep your hands placed, slowly bring your bottom back onto heels.
- ◎ Hold gentle back stretch 30 seconds

Trunk Rotation



- ◎ Lie on your back with your knees bent and feet on the floor
- ◎ Roll your knees as far as you can to one side without your shoulder lifting off the floor.
- ◎ Repeat movement slowly over to opposite side
- ◎ Aim for sets of 10

Alternate Superman



- ⦿ In 4 point kneeling (on hands and knees) ensuring your knees are directly under your hips, your hands are directly under your shoulders and your back is straight (not curved up or down)
- ⦿ In this position reach out with your right arm and your left leg. Hold this position 10 seconds.
- ⦿ While performing this exercise, try to keep a straight back and a level pelvis. Repeat with opposite limbs.

Bridge



Lying on your back nice and straight as shown, with your knees bent, slowly lift your bottom as in the picture. Your body should be in a diagonal line as shown.

Hold for 5-10 seconds and slowly relax.
Repeat times.

Bridge Progression



Progression of the bridge: Lift one leg straight as shown and hold for 10 – 20 secs. Repeat 10 times. Try to increase the length of time you hold bridge for and slowly build up to 20 repetitions.

Superman



- ⦿ Lie on your tummy with your arms and legs out straight
- ⦿ As you breathe out, lift your arms and legs off the floor
- ⦿ Ensure you keep your breathing regular (counting out loud helps)
- ⦿ Hold this position as long as you can
- ⦿ Aim to be able to hold position for 60 seconds

Plank



- © On your tummy on a mat, bear weight through your forearms and keep legs outstretched as shown. Keep back straight.
- © Hold for 10 seconds and relax.
- © Slowly see if you can add five seconds to the “hold” period as you get stronger. (Aim to build up to 60 seconds).

Abdominal Crunches



- © Lie on your back on the floor.
- © Elevate your legs, keeping your knees straight, then slowly lower them back to the floor.
- © Younger children might enjoy trying to kick a balloon thrown to them.

Crab Football



- ◎ Keep your hands and feet on the floor.
- ◎ Raise your bottom so you make a straight line between your knees and shoulders.
- ◎ Progress this by trying to move around the room but maintaining this position, e.g. crab football.

Wheelbarrow Walking



- © Supporting your child around their thighs encourage them to walk on their hands
- © Ensure that their arms are out straight and their back is level
- © Progress this by holding closer to their ankles

Trans Ab Contraction



- ⦿ Lie on the floor with your back straight and knees bent
- ⦿ Find your “neutral spine” position
- ⦿ You can rest your fingers on the boney bits on the front of your hips, then move about 2cm in and 2cm down
- ⦿ As you breathe out, try to tighten up your tummy muscles, pulling your belly button in towards your spine
- ⦿ You should feel it tighten up under your fingers

If any activities or recommendations within this programme cause undue pain or discomfort please **stop** and contact the relevant therapist immediately.

The Children's Therapy Team

03001233444
medch.childrenscommunity@nhs.net