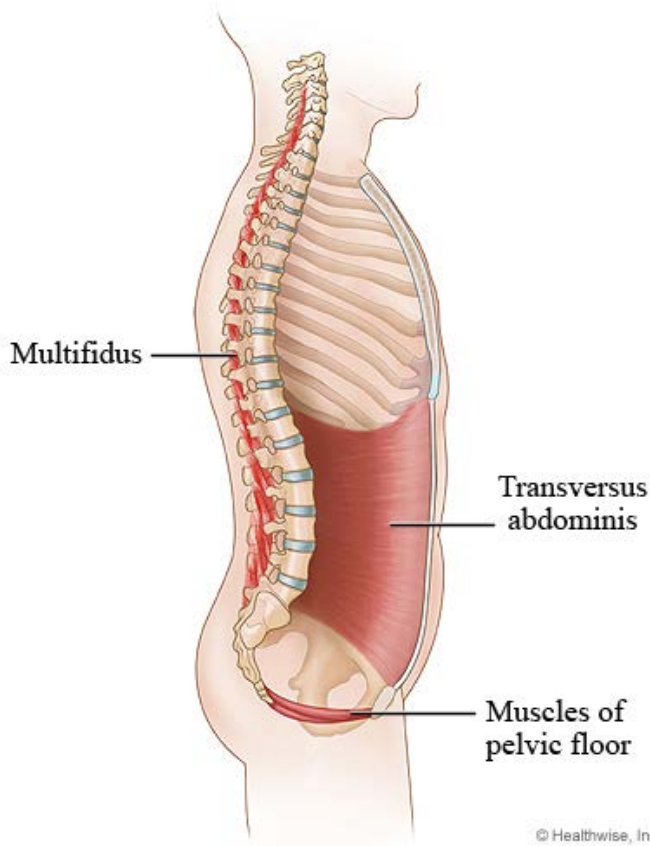


Clinical Pilates and Gym

- Stabilizing Exercises and Information



Great work on taking the first step to improving the strength and stability of the core muscles.

Clinical pilates focuses on core stability training of the abdominal muscles that support the spine. The deep muscles of *Transverse Abdominus* work like a corset around the middle. *Multifidus* and the *Pelvic Floor* also help to stabilise and act like a brace to protect the lower back throughout the day. These muscles hold the vertebrae in the back strong so that there is not too much movement between the vertebrae when the body moves throughout the day to sit, stand, walk, run, lift along with many other daily activities.

Research has shown that even one episode of low back pain can cause reduced activity in these stabilising muscles. Pain has been shown to inhibit the core stability muscles and if these muscles are weak or not activating, it can cause more stress and strain on the bones and ligaments in the back.



When starting a Pilates program, it is important to begin with a 1:1 assessment with a Physiotherapist. In this first session, the Physiotherapist will work with the patient to develop a program that is specifically designed for the goals and needs of the individual.

After this initial program has been developed, there are many options to continue with:

- One-to-one with a Physiotherapist
- Semi Private Class (run by a Physiotherapist)
- Group Classes (run by a Physiotherapist)
- Membership – complete the program independently at a time that suits

Below are three exercises to practice at home:



Exercise 1: Transverse Abdominal Contraction

- Lying on your back with knees bent. Gently draw your lower abdomen in towards your spine. Hold this contraction for 10 seconds, and then relax. Relax for 10 seconds, repeat 10 times

Remember: this is a gentle movement so try not to “Suck in”.



Exercise 2: Leg Fallouts

- Draw the navel towards the spine as in Exercise 1. Then let one leg fall out to the side, keeping the pelvis still.
- Hold the contraction until you return your leg back to the starting position.
- Complete 10 fall outs on each side.



Exercise 3: Leg slides

- Draw the navel towards the spine as in Exercise 1. Then slide one leg out straight.
- Hold the contraction until you return your leg back to the starting position.
- Complete 10 leg slides on each side