

# Therapy Pilates Home Programme



- Stand side on to wall, feet together about 10 cm away from wall.
- Glide your hip to wall.
- Keep ribs fixed to forearm.
- Ensure your upper body stays still.

**Complete 12 repetitions each side.**

## Hip Glides (Lower Back Release)

**Focus on small range, slow and fluid**



- Relax your shoulders.
- Inhale and draw pelvic floor up about half way, exhale and draw your abs in gently.
- On your next inhale let the arms float towards the ceiling rolling onto balls of your feet
- As you exhale roll back into your heels.
- Aim for an even flow of breath and movement.
- Close your eyes to add extra focus & challenge.

**Repeat 6 times.**

## Body Rock (Balance and Control)


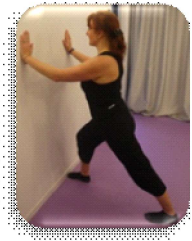

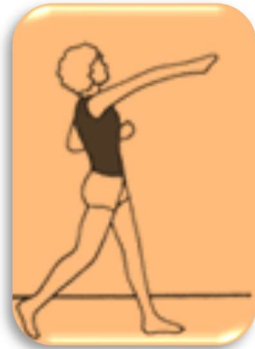
**Remember you can start these as  
Heel raises x10  
Toe raises x10  
Then progress on when you feel in control**







- Inhale and draw up pelvic floor muscles, as you exhale pull in abdominals and slide right leg backwards as you float your left arm up to the ceiling.
- Keep your chest lifted.
- Return to centre and repeat other side.
- Ensure you keep your supporting knee soft and squeeze into the buttocks to pull the leg backwards.
- **Complete 5 Sets**

## Standing Pointer (Core, Glute & Spinal Muscle Activation, with Balance)



<ul style="list-style-type: none"> <li>• Standing with 1 hand against the wall</li> <li>• Inhale and draw up pelvic floor muscles, as you exhale pull in abdominals &amp; open the chest/reach the arm up and back.</li> <li>• Then take the same hand and reach under the body.</li> <li>• Aim for as big a reach through as is comfortable.</li> <li>• <b>Complete 5 times each side.</b></li> </ul>	<p><b>Standing Thread the Needle</b> (Spinal Mobility and Chest Opener)</p>	
<ul style="list-style-type: none"> <li>• Stand facing a wall for support and imagine your feet are on train tracks.</li> <li>• Slide the left foot back, keeping the heel down.</li> <li>• Bend right knee in towards the wall and feel the stretch in the left lower leg.</li> <li>• Hold for a count of 15</li> <li>• Repeat on the right leg.</li> </ul>	<p><b>Wall Calf Stretch</b> (Lower Leg and Ankle Release)</p>	
<ul style="list-style-type: none"> <li>• Using the wall for support, reach round to hold onto your ankle</li> <li>• Draw the foot to the bottom.</li> <li>• Try to get knees to line up and tuck hips under to lengthen the stretch.</li> <li>• Hold for a count of 12 then switch sides.</li> </ul>	<p><b>Standing Quad Stretch</b> (Front Thigh Release)</p> <p>If you can't reach your foot, try putting your foot on a chair behind you to open up the hip area.</p> <p>Make sure you hold onto to the wall in front!</p>	
<ul style="list-style-type: none"> <li>• Stand with feet wider than hips</li> <li>• Inhale and draw up your pelvic floor 50%</li> <li>• As you exhale draw in your abdominals 50% and reach your left hand over to the right hand side or your body as if placing a discus on to a shelf</li> <li>• Ensure your left heel lifts from the floor as you rotate</li> <li>• Return to centre and repeat to the other side</li> <li>• Do not swing but use control</li> <li>• <b>Repeat 3 each side</b></li> </ul>	<p><b>Discus Throw</b> (Whole Body Rotation)</p>	

<ul style="list-style-type: none"> <li>You can have a chair behind you or just imagine!</li> <li>Start with pushing your bottom out and back as if you were going to sit on the chair</li> <li>Just before you make contact, come back up to standing.</li> </ul> <p><b>Repeat 6 times.</b></p>	<p><b>Sit to Stand</b>          (To improve strength in buttocks and thighs and improve knee tracking on lifting)</p>	
<ul style="list-style-type: none"> <li>Seated on a chair lift from the ribs and reach down to one side</li> <li>Return to centre and switch to the other side</li> <li>Draw the abs in as you return to centre.</li> <li>Ensure you are not leaning forwards or back</li> <li><b>Repeat 6 times.</b></li> </ul>	<p><b>Seated Side Lateral reach</b>          (Side Stretch &amp; Back Release)</p>	
<ul style="list-style-type: none"> <li>Inhale lift right arm, fingers extended, squeeze left arm down and behind.</li> <li>Exhale switch arms.</li> <li>Imagine your shoulder blades sliding effortlessly up and down the back.</li> </ul> <p><b>Repeat 6 times each arm.</b></p>	<p><b>Seated Toy Soldier</b>          (Shoulder Mobility)</p>	
<ul style="list-style-type: none"> <li>Seated on a chair roll the shoulders back and down whilst inhaling to try and let the rib cage lift and release.</li> <li>Lean back into the chair &amp; let the arms float up and back.</li> <li>Draw the abs in as you return to centre.</li> <li><b>Repeat 3 times.</b></li> </ul>	<p><b>Seated Chest Stretch</b>          (Release the Chest and unlock the Rib Cage)</p>	

- Extend one leg keeping it as straight as possible.
- Inhale and draw up pelvic floor.
- As you exhale hinge forwards from the hips until you feel mild tension in the back of the thigh.
- Hold for a count of 10.
- Now come back to centre and turn your foot in and repeat.
- Then turn foot out and repeat.
- Switch to other leg and repeat all 3.
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**Seated Hamstring Stretch**  
(Release to Back of The Legs)



- Use a cushion/soft ball between the knees to squeeze trying to draw up pelvic floor muscles at the same time.
- Complete 5 long slow squeezes; inhaling through the mouth, exhaling through the mouth.

**Knee Squeezes**  
(To ignite the pelvic floor, inner thigh muscles and improve pelvic stability)

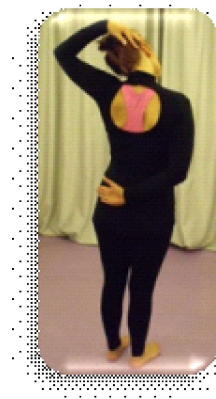
**Try activating pelvic floor as you exhale slowly, then fully releasing before you repeat.**



- Reach around to try to hold opposite elbow behind the back.

**Posture Check and Neck Stretch**  
(Shoulder & Neck Mobility)

- Pause and aim ear to shoulder, pushing chin gently forwards.
- Re-centre and switch to other side.
- Finish with shoulder rolls.



- Stand with heels together/toes apart.
- squeeze into the Powerhouse muscles- buttocks, inner thighs and abdominals.
- To add a challenge sway with control side to side x 4
- forwards and back x 4
- Then round in a circle both directions.
- Ensure you move from the ankle not the hips.
- keep squeezing inner thighs together.

**Pilates Stance**  
(Glut Activation, Balance and Control)

Use this when cleaning your teeth/standing in a queue/in choir etc



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