

## Back Care Pilates Programme

### Hip Glides

#### (Lower Back Release)

- 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.**



### 3D Hamstring Stretch- Seated or Standing

#### (Back Thigh Release)

- Extend one leg, keeping it as straight as possible
- Hinge forwards from the hips until you feel mild tension in the back of the leg.
- Hold for a count of 10
- Now repeat with the foot in towards the midline
- Then repeat with the foot turned out.
- Repeat the whole thing on the other leg.



### 3D Child's Pose

#### (Back Release)

- Push bottom back onto heels and stretch arms above head, hands at the edge of the mat.
- Then put right hand onto left hand for side stretch, hold 5 secs,
- Then switch to other side.
- Keep bottom down on heels.



### Pointer

#### (Core Control and Spinal Muscle Activation)

- Come into "All 4's" position.
- Hands under shoulders, knees under hips.
- Inhale and ignite pelvic floor and as you exhale extend right arm and left leg to the end of the mat
- Now lift the arm & leg to hip height
- Maintain abdominal hollowing.
- Release limbs but not abs and switch sides.
- Eye line stays looking diagonally down.
- Remember to PUSH the arm and leg away from each other to help ignite your back muscles.

**Do 5 complete sets.**



## Shoulder Bridge

(Spinal Segmentation and Pelvic Stability)

- Inhale and draw up the pelvic floor half way; as you exhale press down through feet, tuck your pelvis under to lengthen the spine and peel hips and back up off the mat.
- Roll up bone by bone to a bridge position on shoulders with knees, hips and shoulders in one line.
- If you can also squeeze the inner thighs together.
- Release to mat with spinal segmentation, one bone at a time.

Repeat 6 times.



Put a ball or cushion between your knees

## Knee Rolls

(Spinal Mobility & Core Strength)

- Lie on your back, knees bent.
- Stack your feet on their insteps.
- Keep your shoulders still and rotate knees side to side.
- The soles of your feet can show themselves as you rock.
- Only go to point where knee caps start to part.

Repeat 6 x rocking side to side.



## Thread the Needle

(To release the shoulder & free up the posterior oblique chain)

- Take one hand and reach between the gap of the other side leg and arm
- Rotating the back and dropping the shoulder until you feel a light stretch
- Repeat other side.

Do 5 complete sets.



## 3D Kneeling hip flexor stretch

(Front of hip release)

- Come to kneeling
- Step forwards with one foot, ensuring knee is behind foot.
- Lean body weight forwards so that you feel a stretch in back hip.
- Hold 30 secs.
- Then walk the leg out to 45 degrees and hold.
- Repeat other side.



- Use a tennis ball to massage into the buttock and side of the back areas paying particular attention to any "sweet spots!"



All releases to be done when you are warm and have been up for 10 minutes in the morning to allow the body to respond at its best. Always consult a qualified medical professional before beginning any nutritional program or exercise program. Any content or information provided by "Better Body Training" is for informational and educational purposes only and any use thereof is solely at your own risk. "Better Body Training" bears no responsibility thereof.

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