

Notes :

Neutral pelvic position, transversus abdominus setting, lower/upper limb load introduction.

For a quick lesson on the key spinal stabilising muscles click on <http://www.youtube.com/watch?v=byo1ljKXmXo>

Work through these weekly modules to improve your spinal stability. Be sure to stick at them through the 3 months even when you pain is gone.

1 Neutral low back & pelvic position



Reps: 3 Freq: Daily Hold: 10"

Lie on your back with your knees bent.
Tilt your pelvis to flatten your low back into the floor. Then tilt your pelvis the other way to arch your lower back. Then find the mid position between these 2 extremes. This is the neutral position.
Hold this position for 10 seconds.

2 Recruitment Transversus abdom



Reps: 6 Freq: daily Hold: 10"

Lie on your back with your knees bent and your back in neutral position (slightly arched).
Place your hands on your lower abdomen and maintain a steady abdominal breathing while you activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction.
You should feel a slow and deep tension under your fingers without any superficial abdominals activation (rigidity of the rib cage) or any movement of the pelvis.

3 Recruitment Transversus abdomi



Reps: 6 Freq: daily Hold: 10"

Take a four point position with your hands directly under your shoulders and your knees directly under your hips.
Your back must be slightly arched and your chin must be tucked in.
Maintain a steady abdominal breathing while you activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction.

4 Transversus activation



Reps: 6 Freq: daily Hold: 10"

Standing up straight and tall, shoulder blades back and down. Inhale and relax the abdomen, as you exhale bring your belly button towards your spine. As you activate your transverse abdominus engage your pelvic floor muscles. Do not hold your breathe during the contraction.