

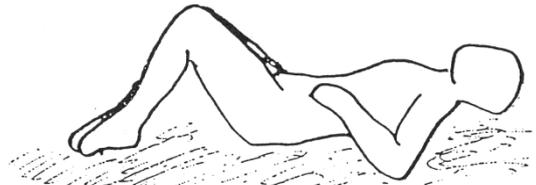
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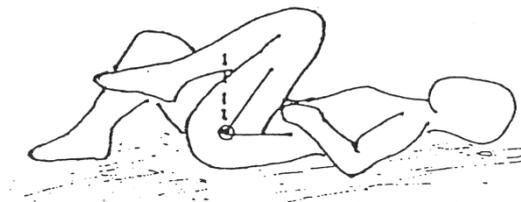
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ABDOMINAL STRENGTHENING EXERCISES

STARTING POSITION

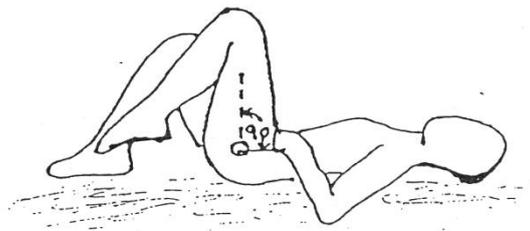


Lie on your back with hips and knees bent and feet on the floor. Place your finger-tips on either side of your abdomen just above the pelvis. Pull your pelvic floor and lower stomach up and in. There should be no movement of your spine.



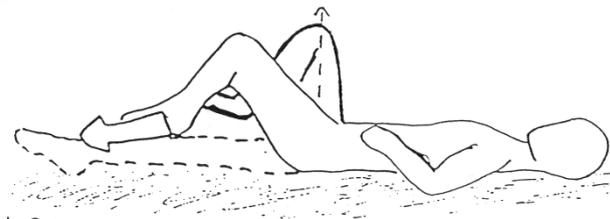
LEVEL 1A

Lift one foot off the floor so as to bring knee toward the chest. Bring the knee far enough to be pointing toward your head. Tighten your abdominal muscles and lift the other leg. Stop if your back arches. Lower one leg at a time to the starting position.



LEVEL 1B

Lift one foot off the floor until the thigh is vertical and the hip angle is 90 degrees. Tighten your abdominals and lift the other leg to the same position. Lower one leg at a time to the starting position. Repeat by starting the sequence with the other leg.

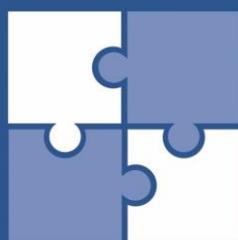


LEVEL 2

Assume starting position as in Level 1. Lift one foot off the floor until the thigh is vertical. Then lift the other foot to the same position while holding the stomach firm and while keeping the back still. Hold one leg in this position, while touching the other foot to the floor and sliding the leg out so the knee and hip are straight.

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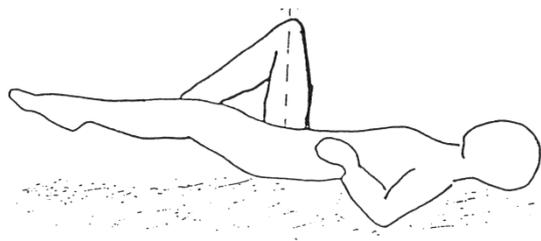


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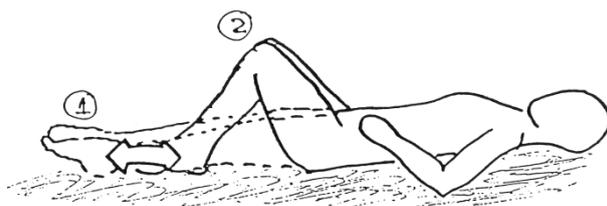
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Then slide the leg back to the starting position. Be sure to keep your pelvis and back still while moving your leg. Repeat with the other leg.



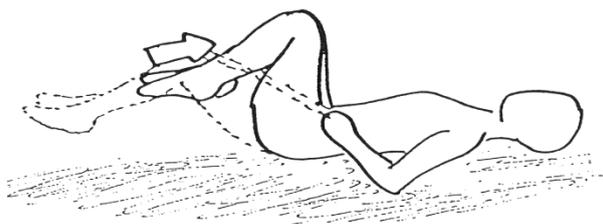
LEVEL 3

Assume the starting position as in Level 1. Bring both knees towards your chest until the thighs are vertical and hips are at 90 degrees. Hold one leg in this position and straighten the other leg out while keeping it just above the floor. Return this leg to the starting position. Be sure to keep your pelvis and back still. Repeat with the other leg.



LEVEL 4.

Start with both legs out straight. Tighten lower abdominals to prevent your back arching. Slide both legs with heels on the floor so as to bring both knees toward chest. Return to starting position by sliding both legs. Be sure to keep your pelvis and back still during leg movements.



LEVEL 5.

Start with both legs out straight. Tighten lower abdominal muscles to prevent your back from arching. Lift both heels off the floor by bending both hips and knees as you bring your knees to your chest. Return to the starting position by reversing the movement and keeping both heels off the floor. Be sure to keep your pelvis and back still during the leg movements.

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