



**Physiotoools**

*Work with the Best*

**Personal exercise program**

**Core stability programme**

Vranch House School & Centre, Pinhoe Road, EX2 8AD,  
Exeter, Devon, United Kingdom

Provided by  
Provided for  
Training start date



**Bridge**

Lying on back with knees bent up and feet flat on floor.



Lift your bottom off the floor as high as possible to make a tunnel

Pass a ball from one side to the other, how many times can you do this?

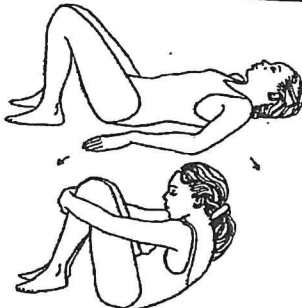
Target: Hold for 20 seconds

Repeat 5 times

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**Hedgehog**

Lie with knees bent and feet flat on floor - back flat.  
Curl up to place your hands around your knees as shown.  
How long can you stay tightly curled up?



Target: 20 seconds

Return to starting position slowly.

Repeat 5 times.

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**Aeroplane**

Lying face down with your arms in a T-position and your palms facing the floor.



Lift your upper trunk off the floor and pull your shoulder blades together. Keep your neck straight and look at the floor during the exercise. Lift legs also.

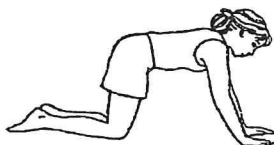
Target: Hold 20 secs. and return to starting position.

Repeat 5 times.

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**Counterpoise balance**

Start on hands and knees.



Stretch one leg behind you and opposite arm in front. Hold your straight leg so your foot is the same height as your bottom.

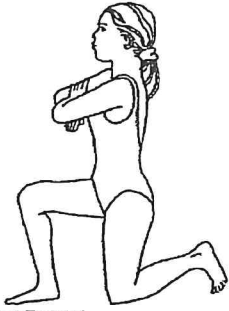
Target: Hold this position for 5 secs.

Return your knee and hand slowly to floor.



Repeat 5 times on each side.

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Half high kneeling.  
 Kneeling with one knee up and one knee down. Make sure that both feet face forwards.  
 Try and balance in the position shown.  
 Encourage reaching and throwing activities in this position for balance.

Alternate foot forward position

Target: 10 catches of a ball



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Bear walking on hands and feet.  
 Target: To stay on hands and feet and walk about for 10 seconds.

Crab walking on hands and feet with tummy uppermost.  
 Target: To stay on hands and feet and walk backwards or sideways for 10 seconds keeping bottom lifted.

Donkey kicks-weight on hands and toes. Kick legs backwards.  
 Target; 5 kicks taking weight on hands.

Bunny hops-weight on hands and feet.  
 Target: 5 good jumps.



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Standing.

Lift one leg off the floor - try and balance for as long as possible. See how far you can count up to while balancing.

Target: 15 seconds on each side

How many times can you pass a beanbag or tennis ball under and over your unsupported leg?



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Standing.

Pick up or move small objects with your toes.  
 Sometimes it is better to use small soft objects like sponges.  
 Repeat on other leg.

Move 5 different objects with each foot.

What is the smallest and largest object that you can move?  
 You can also do this exercise sitting on the floor.

Don't worry if you can't complete the 'target' amount initially, keep practicing and gradually build up to it.