

Notes :

① **Cat stretch for ante & post natal**



Starting position:

Four point kneeling. Hands slightly forwards of shoulders, elbows soft. Knees hip-distance apart, under hips. Pelvis and lumbar spine in neutral alignment. Head and neck lifted into alignment with the spine. Scapulae set. Neck long.

Action:

INHALE to prepare.

EXHALE and tuck the tailbone then round the spine from the base upwards. Roll the neck and head forwards to segmentally flex the spine into a C shaped curve from the tailbone to the crown of the head.

INHALE and hold the position.

EXHALE and return commencing from the tailbone and continue to segmentally roll from the tailbone to the crown of the head into slight extension. Allow the scapulae to slide downwards towards the waist and the neck to lengthen.

INHALE to hold this position

Repeat 6 - 8 times

Reps: 10

② **Thread the needle - lift the support hand**



Start Position: 4 point kneeling on hands and knees.

Action: EXHALE and reach the right arm down and under the left shoulder. As you move allow the spine to rotate and stretch through the right side.

Once you reach the end of your range, HOLD the position and INHALE as you lift the hand off the floor.

EXHALE and return to the start position.

REPEAT on the other side.

Reps: 2-3 Hold: 15 secs

③ **Swimming Level 4 legs only**



Starting position:

Quadrupedal. Knees directly under hips. Hands slightly forwards of shoulders (approx. 110° shoulder flexion). Elbow joints soft. Head and neck in alignment with the spine. Spine in a tabletop position. Neutral lumbopelvic position. Centre set.

Action:

Inhale to prepare.

Exhale, slide the opposite foot along the mat away from the body. Continue to reach the leg off the mat as far as control can be maintained.

Inhale, lower the leg to the mat.

Repeat 8 - 10 times alternating the legs.

Sets: 1-2 Reps: 10

④ **The shell stretch**



Starting position:

Begin in 4 point kneeling

Action:

Slowly lower yourself down into the Pilates shell stretch position.

Sink the hips away from the trunk as much as possible.

Hold and breath into the depressed areas of the spine.

Repetitions:

Repeat for 5 - 10 Breathe cycles or as required Repeat 2-3 times or as required

Reps: 2-3 Hold: 15-20 secs

5 Pelvic Rocks



Starting position:
Rest position
Movement Sequence:
INHALE to prepare
EXHALE and slowly roll the lower spine into the mat
INHALE and return to neutral
EXHALE and roll the lower spine into the mat while simultaneously activating the gluteal muscles by drawing the 2 sit bones closer together
INHALE to return to neutral
Repeat slowly increasing the articulation one level at a time

Reps: 10

6 Clam on mat



Side lying. Hips flexed to no more than 45 degrees, knees flexed to 90°. Cushion under the left armpit and left hip.
Inhale to prepare. Gently draw the sitting bones towards one another to engage the gluteals.
Exhale and lift the top knee upwards, keeping the feet together.
Inhale and lower the top knee onto the bottom leg.

Sets: 1-2 Reps: 10

7 Lateral muscles stretch



Sit up straight in a chair and look directly ahead of you.
Lift one arm up and above your head and slowly bend sideways while reaching down with the opposite hand, until you feel a stretch at the side of your trunk.
Relax.
When you bend your trunk sideways, do not twist or lean forward. Keep your body straight and facing forward.

Reps: 2-3 Hold: 15-20 secs

8 Hip Flexibility



- Sitting on a chair, keeping your back straight and abs tight
- Bring a foot on the opposite knee - Push lightly on the knee to the ground and keeping your back straight, bend forward

Reps: 2-3 Hold: 15-20 secs

9 Right upper trunk rotation



Sit down on a chair.
Round your shoulders to slightly cave the chest, and twist to the right by reaching the arm across the body.
Make sure you're not leaning to one side and try to keep your lower ribcage fixed (rotate only through your upper chest).

Reps: 2-3 Hold: 15-20 secs

10 Shoulder flexion stretch



Stand behind a chair with both hand on the back of the chair. Backup a few step and lower your upper body by bending forward until you feel a stretch in front of your shoulder. Maintain the position.

Reps: 2-3 Hold: 15-20 secs

11 Stretching iliopsoas



Stand with your feet staggered and the back knee slightly bent. Tilt your pelvis backward and slowly bring your weight forward onto your front leg until a stretch is felt in front of the hip. Keep the back in a neutral position for the stretch. Maintain the position for the recommended time.

Reps: 2-3 Hold: 15-20 secs

12 Standing hip abduction



Stand straight holding onto chair in front. Move your leg towards the outside and backwards without lifting your pelvis (diagonal movement). Keep your body standing tall. Work to max

Sets: 1-2 Reps: 10

13 Standing Hip extension



Stand holding the back of a chair. Squeeze your buttock muscles. Lift your leg up behind you, while keeping your back straight and knee looking directly ahead of you. Don't bend forwards. Only move the leg back as far as you can without moving the lower back 3x10 reps

Sets: 1-2 Reps: 10

14 Squat on chair



Stand in front of a table with a chair behind you. Hold the table as needed while you slowly sit back into the chair, keeping your back straight, and bending at the hips only (no round back). Then, stand back up, bending at the hips, pushing through your heels, activating the glutes and the abdominals. Repeat.

Sets: 1-2 Reps: 10

15 Partial Squat



Stand in front of a counter and hold onto the countertop. While maintaining your back straight and your hips above the level of your knees, slowly lower your body into a semi-squat position without leaning forward and keeping your heels in contact with the ground at all times.

Sets: 1-2 Reps: 10

16 Standing plantar flexion



Stand on both feet on the floor or a small step next to a chair or table. Come onto the toes (raise heels) of both feet without bending the knee. Return to the initial position and repeat.

Sets: 1-2 Reps: 10

17 Single leg stance



Stand and lift one leg. Hold onto chair or kitchen bench for support if required - try to challenge your balance by not holding on all the time

Sets: 1-2 Hold: 15-30 secs