

MOBILISERS

3d pelvic mobiliser

Forward and back

Stand with the feet in a loose parallel position with the knees slightly bent. Slowly tilt the pelvis forward and back. Drive the movement from the pubic bone at the front. Allow the low back to follow the movement naturally. Aim to make the movement as big as possible, we are looking for equal movement in each direction.



Side to side

Keep the pelvis in neutral throughout this exercise. Slowly bend the right knee and allow the pelvis to follow and tilt to the same side.

Check that the bottom doesn't stick out to the side and keep even weight on both feet.

Switch from side to side again looking for equal movement in both sides.



Rotate/twist

Gently rotate the right hip in a forward direction whilst keeping the ribcage facing the front. Repeat on the other side.

The knees should remain soft throughout.



Full spinal mobility

Side to side

Repeat the pelvis tilts from the previous exercise and this time allow the thorax to side bend also. Keep your eye line forwards and the breast bone over the pelvis.



Forward and back.

This time the spine moves from flexion to extension. Again keep the body stacked with the breast bone over the pelvis. Keep the eye line facing forwards and allow the head and neck to tilt with the spine.



In both of these mobilisers the head follows the direction of the pelvis and the thorax moves in the opposite direction.

3d thoracic mobilisers and core activation

Reaches low and neutral (forward, side and rotate)





High reaches (forward, back, side, high rotate)

The above mobility programme should be rhythmic in nature and alternate from one side to the other. You want to reach as far as you can to open up the body and lengthen through the tissues.

You may want to have the visual of standing in front of a large compass and reaching to all points of this target; North, north east, east etc.

Type 2 reaches

This stretch involves a high reach and a bend of the same side knee to elongate the stretch further.



Hip mobilisers

Hip flexors



Start in split stance with both legs straight. Slowly lean forwards onto the lead leg and bend the knee. There should be a corresponding gentle opening in the rear hip flexor region. The pelvis should rotate away from the lead leg as momentum travels forward.

The second variation is to reach up high with the arm (same as rear leg) to increase the stretch in the hip flexors and now side waist. Reach up as you lean forward and release as you return.

The final variation adds a simultaneous rotation lead by the opposite arm. As momentum drives forward the same side arm reaches high and the opposite arm opens to the side causing the trunk to rotate away.

Hamstrings



Start in split stance right foot forward. Shift the hips backwards keeping the lead leg straight and the foot flexed. The weight should be on the outer border of the heel. Have a sense of lengthening the leg as opposed to sinking back into the knee joint. Return to standing again and repeat in a rhythmic fashion back and forth. Repeat on the other side.

As a progression reach the hand towards and away from the lead leg. This will emphasize the inner and outer hamstrings. Allow the pelvis to follow this movement it doesn't need to remain level.

Adductors



Start with the feet wide set and facing forward. Step the right leg forward to be in offset stance. Allow the pelvis and hips to shift to the right keep the left leg straight and the foot in flat contact with the floor. You should feel a gentle stretch into the left inner thigh.

The first variation is to reach up high with the right arm. This will encourage a left side bend in the trunk.

The second variation is to reach forward with the left arm adding some rotation with the trunk and increasing the stretch in the inner thigh/ hips and thorax.

Side line

Start with the right leg behind, and the foot flexed.

Allow the pelvis to shift to the right and reach up and over with that same side arm. Move in and out of this mobiliser trying to create more length with each repetition.





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Thank you and remember to move your body every day!!

Sally Harrison

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