

*Lisburn*  
**CHIROPRACTIC**  
*Clinic*

**Core Strength**

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The exercises below aim to improve upon the flexibility and strength of the core muscles.

## Proper Technique

- Always exercise the muscles on both sides of your body evenly. Don't work one side more than the other side.
- Avoid over-doing it. Never exercise to the point of pain or discomfort. You will feel slight tension or a pull on the muscle when the exercise reaches its peak.
- An exercise should always be done smoothly and slowly. Hold the stretch/exercise for about ten to fifteen seconds and release slowly. Never bounce or jerk while doing a stretch, as this can cause injury if a muscle is pushed beyond its ability.
- Flexibility exercises should be relaxing. Deep and even breaths are the key to relaxation. Never hold your breath while you are stretching.
- **Proper Core Muscle Contraction:**

**Keep your pelvis and your back still and draw in your lower abdomen towards your back and pull your stomach muscles upwards towards your ribcage. This should be a gentle muscle contraction and you should still be able to breathe deeply and evenly, while maintaining the core contraction.**

If you feel any pain or discomfort at any time while performing these exercises, stop immediately and seek further advice from Lisburn Chiropractic Clinic.

**(1)** Begin by lying on your back with your knees bent and arms at your side. Contract your abdominal muscles inwards and pull them upwards towards your ribcage. Slowly raise your pelvis off the floor so that you create a bridge with your trunk and still maintaining the abdominal muscle contraction. Hold for 15-20 seconds and repeat 3 times.

**(2a)** Begin on all fours with your arms straight and your knees in line with your hips. Contract your abdominal muscles and pull them inwards and upwards towards your ribcage.



(2b) Maintain your abdominal muscle contraction and slowly bring your knee towards your chest. While doing this, bring your head down towards your chest.

(2c) Hold this position for 2 counts and return to all fours. Repeat 10 times on each side.

(3) Kneel on all fours with your knees in line with your hips, abdominal muscles pulled in tight and both arms straight. Slowly raise one arm to shoulder height. Hold for 10-15 seconds and repeat 3 times.

(4) Begin in the kneeling position and proceed as above. Once your arm is raised and you feel comfortable, slowly lift the leg opposite to your arm. Hold for 10-15 seconds and repeat 3 times.

(5) Begin lying face down, resting on your elbows. Contract your abdominal muscles and lift your chest and hips off the ground, so that you form a bridge with your body. Hold for 10-20 seconds and repeat 3 times.

(6a) Start by lying on your side, propped up on one elbow. Contract your abdominal muscles.

(6b) Lift your hip off the floor. You will feel a muscle contraction on the muscles along the side of your trunk. Hold for 10-15 seconds and repeat 3 times on both sides.





## Stability Ball Exercises

(7a) Begin seated on the Stability Ball, sit up with your spine straight and pull in your abdominal muscles inwards and upwards towards your ribcage.

(7b) Once you feel stable on the ball, slowly raise one leg and hold it in a position which you feel stable and comfortable in. Hold for 5-10 seconds, repeat 3 times on each side.

(8) Begin seated on the ball and slowly shift your weight backwards so that you are lying with the ball in the small of your back. Contract your abdominal muscles and hold your arms out by your side. Hold for 10 seconds and repeat 3 times.

(9a) Lie on your back with your knees bent and resting on the stability ball. Contract your abdominal muscles.





**(9b)** Slowly perform a sit-up so that your shoulders leave the floor and you feel a tightening in your abdominal muscles. Hold each sit-up for the count of 2 and repeat 10-15 times in 3 sets.

**(10)** Begin as shown in 9a above. Slowly raise your pelvis off the floor until you form a bridge with your trunk. Hold for 10-15 seconds and repeat 3 times.

**(11a)** Start by kneeling on all fours, over the stability ball.

**(11b)** Gradually raise your arms to shoulder height, using the ball to stabilise you. You will feel a tightening of the muscles in your lower back. Hold for 10-15 seconds and repeat 3 times.

