

# SHIRLEY RD CHIROPRACTIC

[www.shirleyrdchiro.com.au](http://www.shirleyrdchiro.com.au)



## Low Back Core Stability

These exercises are designed to improve stability and strength of the trunk, low back and abdominal muscles. The movements are best done slowly while aiming to do 3 sets of 10 of each exercise. The Bicycle Exercise can be done for up to 2-3 minutes.

During any of the exercises, if you feel pain or discomfort it is important to stop and seek further advice from Shirley Rd Chiropractic.



### 1. Abdominal Hollowing

Pull lower abdomen in, and then out. Keep the back straight and still the entire time.



### 2. Alternate arm and leg lift (1)

Raise alternate arm and leg into a straight position. Maintain the spine position.



### 3. Alternate arm and leg lift (2)

Raise alternate arm and leg into a straight position. Pause before swapping sides



#### 4. Bicycle Exercise

Lift buttocks from the floor and do a slow bicycle movement with the legs.

*Variation* - Raise and lower the legs slowly while continuing the bicycle action



#### 5. Sit-Up

Begin with knees bent, crossing arms in front of chest and slowly raise chest from the floor. Be cautious not to involve the neck muscles.



#### 6. Whole Body Core Stabilisation

Rest on your elbows and hold body in straight position. Maintain for up to 1 minute.

3/124 Shirley Rd • CROWS NEST • 2065  
Tel: (02) 9966 0992 • Fax: (02) 9460 7212

2/23 Brookhollow Ave • NORWEST • 2153  
Tel: (02) 9659 1711 • Fax: (02) 9659 1609

