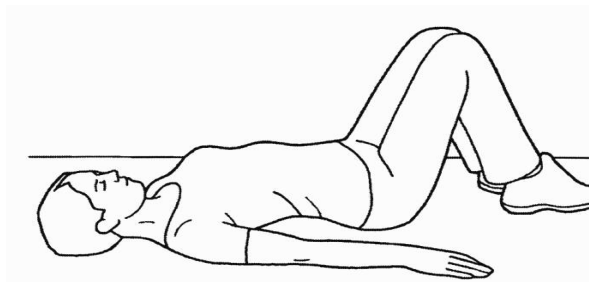


MAYER STRENGTHENING EXERCISES STAGE 1:

Start with 5 repetitions of each exercise and build up to 30, increasing by one repetition a day. This Programme is about quality and not quantity. Similar type exercises will be encountered in a Pilates type programme. Do these exercises slowly within the pain free range. When pushing your back down slightly this means 1/3 (33%) of your maximum effort. No Pain

1. Trunk stabilising exercising. Lying with the knees bent, tighten your stomach muscles and seat muscles, pushing your low back down slightly, maintaining a neutral pain free position of the trunk. Hold for 5 seconds & relax. This is a very important exercise as this neutral pain free position must be adopted prior to doing all strengthening exercises.



2. Progress exercise 1. Lying with knees bent, tighten your stomach muscles pushing your low back slightly. Maintaining a neutral pain free position:

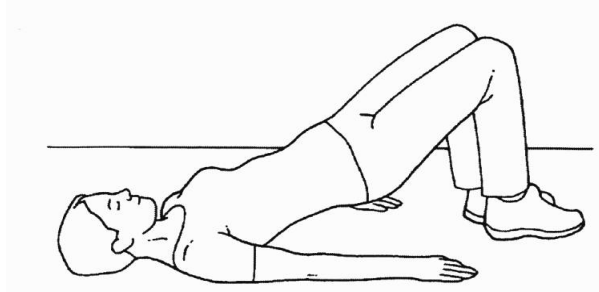
- (a) Lift the right foot off the ground. Hold for 5 seconds and slowly relax.
- (b) Lift the left foot off the ground. Hold for 5 seconds and slowly relax.



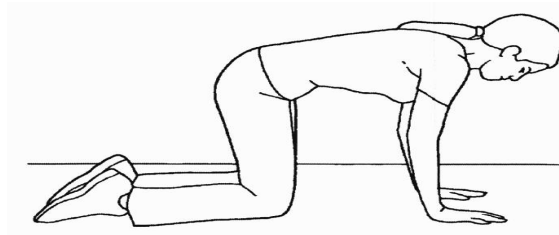
3. Bridging Exercises:

Lying on your back, bend up both knees – get into the neutral pain free position then raise your hips off the floor. Maintain the hold for the 5 seconds then try to raise your hips a further 3 inches off the floor and hold for 5 seconds.

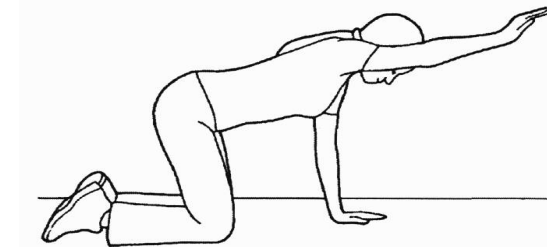
(NB – Make sure that you do not arch your back during this exercise).



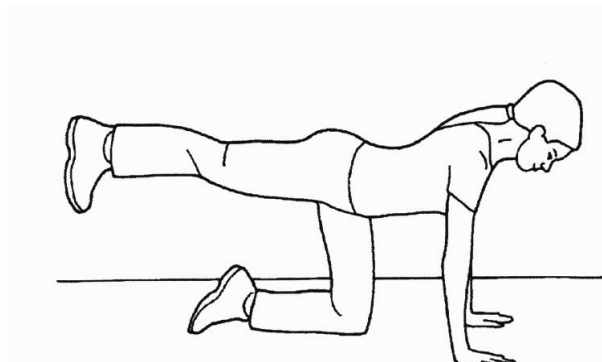
4. In the all four kneeling position, with knees bent and hands on the floor, tighten the abdominal and seat muscles. Hold the spine in the neutral pain free position for 5 seconds, relax.



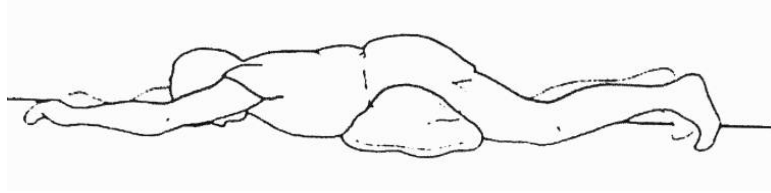
5. Progress exercise 4, holding the trunk in the neutral pain free position, extend one arm, count to 5 and relax, repeat with opposite arm.



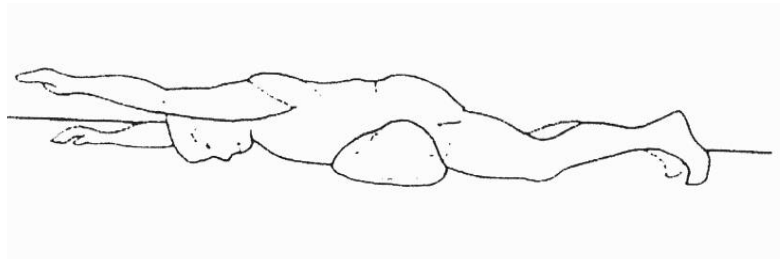
6. Progress exercise 4, holding the trunk in the neutral pain free position, extend one leg, count to 5 and relax, repeat with opposite leg.



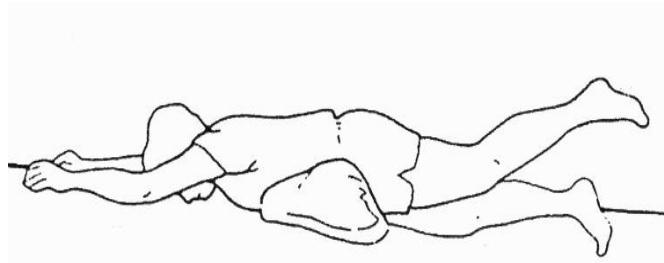
7. Lying on your stomach with one or two pillows under your stomach, (**your Physiotherapist will advise which is best for you**), tighten your abdominal and seat muscles to adopt the neutral pain free position. Hold in the neutral pain free position and then relax.



8. Progress exercise 7 by lifting one arm and then the other arm alternatively, holding for 5 seconds then relax. (NB – Maintain neutral pain free position while doing each lift).



9. Progress exercise 7, doing single leg lifts. Lift one leg keeping the knee straight and then the other alternatively. Hold for 5 seconds and relax. (NB – Keep back in the neutral pain free position during each exercise).



10. Lying on your back with your hips and knees bent as much as you can, and feet flat on the floor, tighten your abdominal and seat muscles to adopt the neutral pain free position. Cross your arms across your chest, tuck your chin into your chest and lift your head and shoulders off the bed, hold for 5 seconds, relax. Try to build this exercise up to holding for 10 seconds.

