

## Pilates for a healthy back

*\*If you are experiencing back problems or health issues of any kind please check with your health specialist if these exercises are safe for you.*



Find your neutral spine (picture 2). This is the position your back shall maintain throughout the exercises.



Femur Arcs – One Leg into Table Top. Exhale, move thigh away from hip maintaining neutral spine and soft shoulders, without putting pressure on knee. Return to start. Repeat 6 times on each side.



Chest Lift – Rest head on hands bringing shoulders in a relaxed position. Exhale, roll head, neck and shoulders up. Inhale roll back keeping ribs closed. Repeat 6 times. Maintain neutral spine throughout movement.



Arm Arc – Bring arms over head. Exhale, lower arms. Inhale come back to start. Repeat 6 times. Maintain neutral spine throughout movement.



All 4 – Find neutral spine. Exhale round back pulling ribs towards spine and shoulders away from ears. Inhale and find neutral spine. Repeat 6 times.

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Quadruped – Exhale, lift one leg. Inhale, lower leg to ground. Maintain neutral spine and keep shoulders away from ears. Only if balance is given raise one arm up. Hold for 2 breaths then lower leg and arm. Repeat 3 times on each side.



Prone Extension – Rest forehead on hands. Push hips into ground to activate supporting muscles, while head, neck and shoulder lift. Keep neck aligned with back and shoulders away from ears. Repeat 6 times



Sprinter – Foot aligned with hands (bring hands to wall if they cannot reach the ground) Hold position 1 for 30 sec. Switch to position 2 and hold for 30 sec. Repeat with other leg.



Leg Stretch – Bring knees towards chest maintaining neutral spine and shoulders relaxed. Hold for 30 sec. Place one foot to ground and stretch other leg upwards. If your back leg is tight you will not be able to straighten the leg. In that case just stretch the leg as much to feel a stretch and place a small pillow under your head to keep shoulders and neck relaxed. Hold for 30 sec. and switch legs.