

ALL ROUND EXERCISE PROGRAMME FOR POSTURAL STABILITY

Hold the end position of each exercise for a count of 3.

Start with 6 repetitions of each exercise (each side of the body where appropriate) and repeat twice with a brief rest in between sets. Build up to 3 sets of 10 repetitions.

1. Gluteals and hamstrings. The gluteals in particular are essential for maintaining good dynamic stability (when walking and running) in the hip and knee.



2. Pectorals, shoulder and rhomboids.

Press-ups varying direction of elbow bend.



3. Multifidus. The multifidus is a deep postural muscle that protects the spine during twisting movements. Place the palm of the hand behind you over the small of your back.



4. Swiss ball abdominal curls. The abdominal muscles are essential for maintaining spinal stability against the forces created by any movement of the body. Make sure you fix your hip position and do not allow the ball to roll as you curl up.



5. Swiss ball alphabet bridge. Maintain your body in a straight line from feet to shoulders whilst you trace the letters of the alphabet with the ball. This exercise is excellent for building core body strength, meaning the postural muscles which protect your spine.



6. Back extensors. The postural muscles running either side of your spine are constantly in use so need to maintain good strength and endurance. This exercise also helps maintain essential mobility in your thoracic spine.



7. Hamstring curls. The hamstrings have a role in stabilising the hip at the sacro-iliac joint where the spine articulates with the hip.



8. 4-point balance. Engage your core by drawing your belly button towards your spine. This is a good exercise for both core stability and overall proprioception (your body's neural feedback system for information on where your body parts are relative to each other).

