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Patient:
**Body Works Beginner's Pilates
Exercises**

Date:
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Pelvic Tilt Lying

Lie flat on your back, exhale and draw in through your pelvic floor and abdomen while flattening your spine against the floor, then relax.

Video: <http://youtu.be/44D6Xc2Fkek>



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Knee Openings

Adopt the supine start position. Draw up through your pelvic floor and abdomen. As you exhale, allow one knee to open slowly to the side. Keep your foot on the mat, allowing it to roll onto the outside. Open as far as you can without moving the pelvis. Inhale as you bring your leg back to the starting position. Maintain your neutral pelvis and centre and repeat to each side.

Video: <http://youtu.be/9902veluaxU>



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Knee Folds / Scissors 1

Adopt the supine start position. As you exhale lift one foot off the mat, bringing your knee up towards the body to form a table top position. Allow the weight of the leg to drop into the hip socket. Inhale as you maintain this position. Exhale as you slowly return the leg back to the starting position. Maintain your neutral pelvis with your core engaged throughout the exercise, and repeat to each side.

Video: <http://youtu.be/edlk68IFF9o>

Single Leg Slide with Arm Raise



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Adopt the supine start position. with your knees bent and feet on the floor. As you exhale, extend one leg as you lift your opposite arm above your head. As you inhale, return to the start position. Alternate each side.

Video: <http://youtu.be/vGCAzFvA8ik>

Shoulder Bridge / Spine Curls



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Lie on your back with your knees bent up. Exhale as you tilt your pelvis underneath you, pressing your lower back into the floor. Slowly roll your spine off the mat one vertebrae at a time to the tips of your shoulder blades. Hold this position as you inhale. Exhale, rolling the spine back down, one vertebrae at a time. Make sure you keep your weight equal through both feet. Repeat as required.

Video: <http://youtu.be/R1qxWNjcleU>

Curl Ups



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Adopt the supine start position. Inhale to prepare. Exhale as you lengthen the back of your neck and nod your head forward, curling your upper body. Keep the back of your lower ribcage in contact with the floor, with your head relaxed into your hands. Do not allow your abdominals to bulge, and keep your pelvis neutral. Exhale, as you slowly return back to the starting position. Repeat as required.

Video: <http://youtu.be/xf8TmAxCWD4>

Hip Rolls



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Adopt the supine start position, and place your arms further out from your body. Bring your knees and feet together, connecting your inner thighs. Exhale as you roll both knees to one side allowing your top foot to peel off the floor ensuring your knees remain parallel. Allow your head to roll towards your opposite shoulder. Inhale to hold and exhale to roll your head and knees back to the start position.

Video: <http://youtu.be/oprYBFtPfOY>

Oyster / Clam 1



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Adopt the sidelying start position on your right side, and lengthen your right arm out underneath your head, in line with your spine. Lengthen your left waist curve, so your side does not collapse into the floor. Place your left hand in front of your chest flat on the floor, bending your elbow to support you. Bend both knees in front of you, drawing your feet back in line with your pelvis. Exhale as you open your top knee, keeping your feet connected. Inhale as you control your leg back to the start position.

Video: <http://youtu.be/lvJCM1RYnA>

Cobra 1 / Dart



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Adopt the prone start position, find neutral and engage your centre. Squeeze your shoulder blades in a V-shape down and in and gently arc through the upper back.

Video: <http://youtu.be/vwRwSlAxt5g>

The Cat



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Adopt the four point kneeling position. Place your hands directly underneath your shoulders, with your knees between your hips. Exhale as you tuck your pelvis underneath you, gently rounding your back. Inhale to arch in the opposite direction.

Video: <http://youtu.be/od-jBFCQFV0>

Here are some exercises that we do in the beginner's/healthy back class. Only do them if they feel comfortable to do. If you are unsure please contact Body Works for advice.