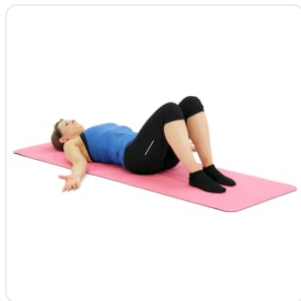
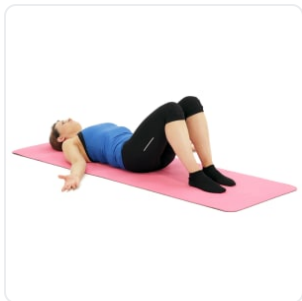
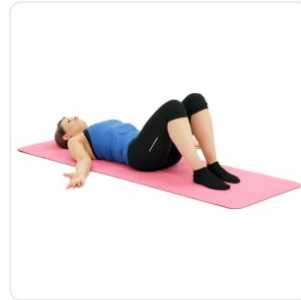
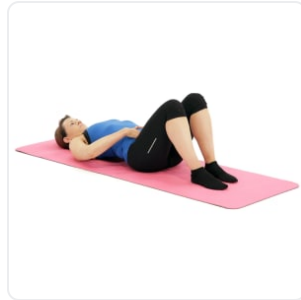
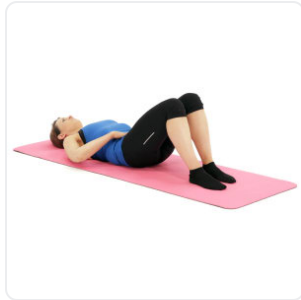
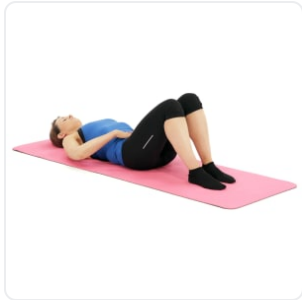


SPINAL JPAC WEEK 1

Pelvic Roll in Crook Lying



Description

1. Lay on your back with the knees bent
2. Rotate the pelvis back then forward

Sets: 1-3

Reps: 20

Single leg knee hug stretch



Description

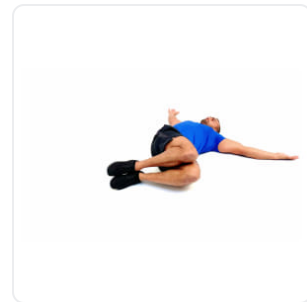
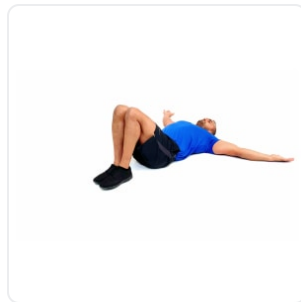
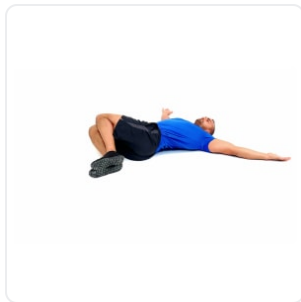
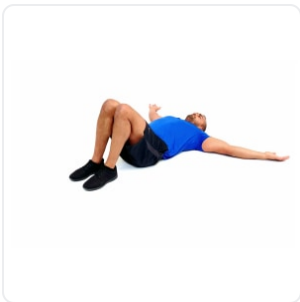
1. Lie face up, holding one knee in your hands
2. Pull the knee gently towards your chest
3. Hold for the prescribed time then relax the leg

Sets: 1-3

Reps: 2-10

Hold: 5-30 sec

Knee Rolls in Crook Lying



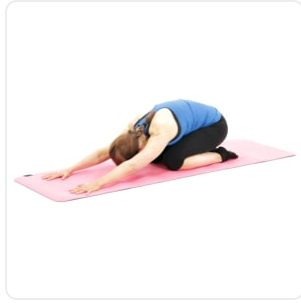
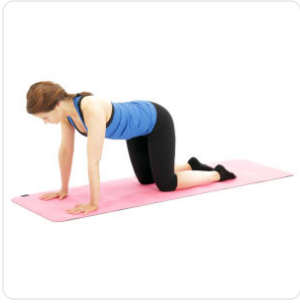
Description

1. Lie on your back with your feet flat on the floor and your hands out to your side
2. Slowly move your knees to one side keeping your shoulders on the floor
3. Roll the knees in the other direction

Sets: 1-3

Reps: 10-20

Childs Pose



Description

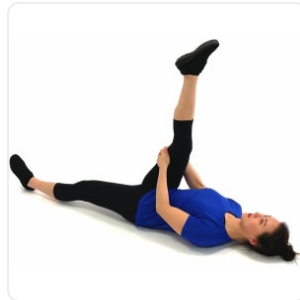
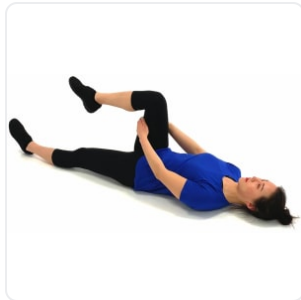
1. Rest on hands & knees
2. Push the hips back towards the feet
3. Raise the hips up to the start position

Sets: 1-3

Reps: 2-10

Hold: 5-30sec

Hamstring Stretch In Supine



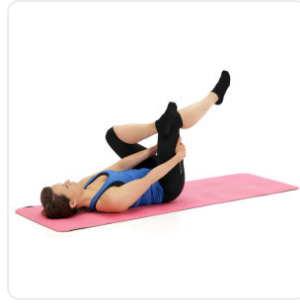
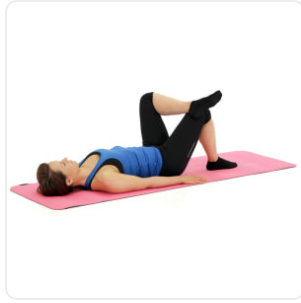
Description

1. Lie on your back and pull your knee toward your chest, holding the back of your thigh
2. Straighten your knee to stretch the hamstring (the back of your thigh)
3. Release the leg down

Sets: 1-2

Hold: 30 seconds

Gluteal Stretch



Description

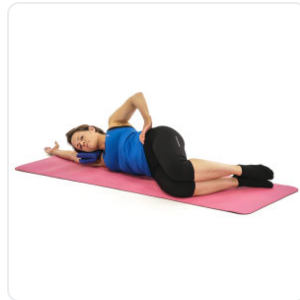
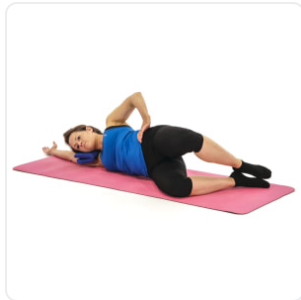
1. Lay on your back & bend one knee so the ankle rests on the opposite thigh
2. Reach your hand around the other leg pulling the thigh & the stretching leg towards you

Sets: 1-3

Reps: 2-3

Time: 30sec

Clam Level 1



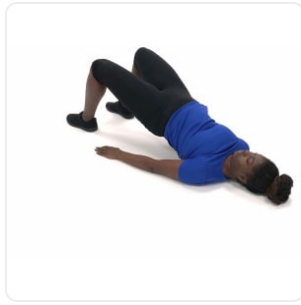
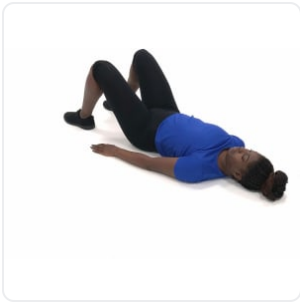
Description

1. Lay on your arm in side-lying with the knees bent and hip flexed to 45 degrees
2. Inhale to prepare the abdomen and hips
3. Exhale and lift the top knee
4. Inhale and lower the knee

Sets: 1-3

Reps: 10-20

Bridge



Description

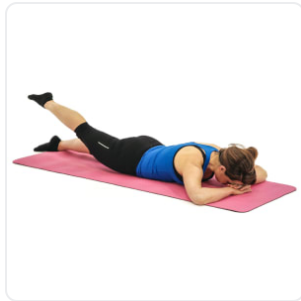
1. Lie on your back with knees bent and inhale to prepare
2. Gently raise the hips off the floor then 'peel' the spine off the floor
3. Hold this position on the shoulder blades
4. If painful do smaller lifts
5. Lower the spine fluidly to the floor

Sets: 1-3

Reps: 10-20

Hold: 2-5 seconds

Swimming Level 1



Description

1. Lie on your front and rest your head on your hands
2. Tighten your lower abdominal muscles
3. Keeping the back still, push the leg away then raise gently a few centimetres off the floor
4. Hold
5. Lower the leg to the floor then repeat on the other leg

Sets: 1-3

Reps: 15-20