

HOMework

EXERCISE SHEET

1
Osteo

These Foundational movements rely on correct alignment.

Lying on back: find **neutral spine** (contact of back of head, shoulders, ribs and pelvis on floor surface; small gap at neck and lower back). Body should feel at rest. Align your **legs in parallel** with the sitting bones (about tennis ball size between knees and feet). **Support the head** with a towel/pillow if your neck is too tilted to the ceiling causing a feeling of pressure at the base of the head.

Lying on front: rest **head on hands** under forehead or place hands next to shoulders to form "cricket" wings; toes turned in to release back of legs and bottom muscles.

Exercise repetitions: 8-10 times each

BRIDGING / HIP LIFT

Exhale to lift hips and spine off the floor like a drawbridge to rest evenly on shoulder blades & head at the top. Exhale to lower spine down to floor back to neutral start.

AVOID: arching into upper back; knees splaying apart; weight on neck



KNEE FLOATS

Inhale to fold leg at the hip, floating the leg up to 90 degree position. Exhale to lower leg back to floor. Aim to keep neutral spine and pelvis throughout the movement.

ADVANCE: Lift second leg in to 90 degrees and lower back to floor sequentially (up, up, down, down)



QUADRUPED

Place hands under shoulders and knees under hips to form a strong square shape in body. Exhale to move opposite arm and leg away from the body to line up with hip and shoulder height. Inhale to return to start position. Alternate sides.

AVOID: sagging in shoulders or lower back; dropping head or tilting neck back



BENT KNEE FALL OUT

Exhale to open one knee to the side, going ony as far as you can keep the opposite leg and hip steady. Inhale to bring leg back to centre. Alternate sides. Work within a pain free range.

AVOID: stationary leg moving; using tension in the upper body or neck to stabilise.

