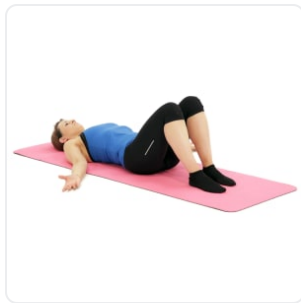
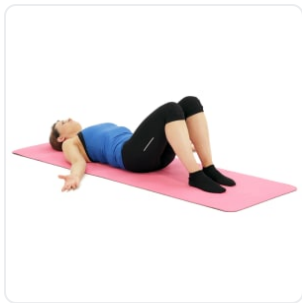
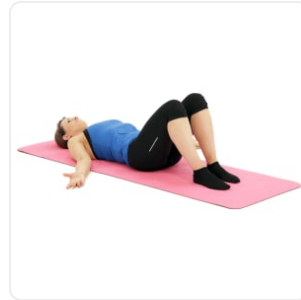
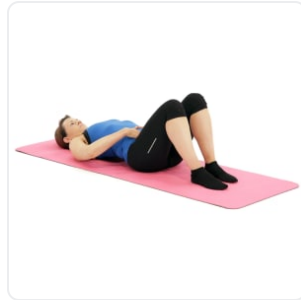
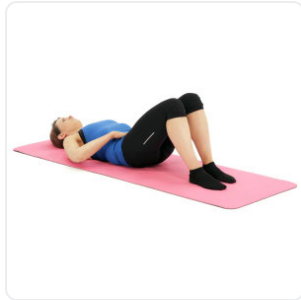
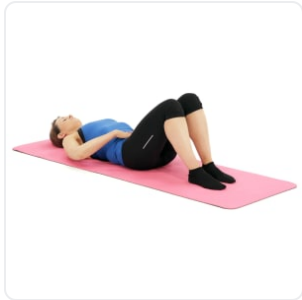


SPINAL JPAC WEEK 1

Pelvic Roll in Crook Lying



Description

1. Lay on your back with the knees bent
2. Rotate the pelvis back then forward without tensing or moving the spine and abdomen

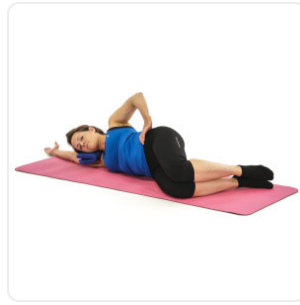
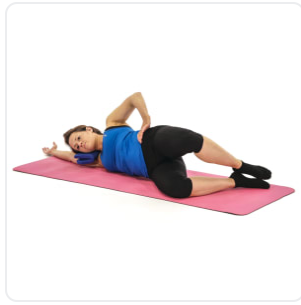
Sets: 1-3

Reps: 20

Time: 2-5sec

Tempo:

Clam Level 1



Description

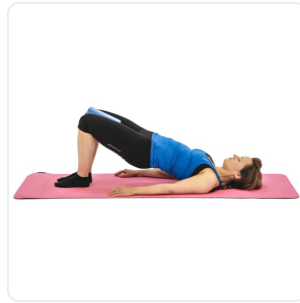
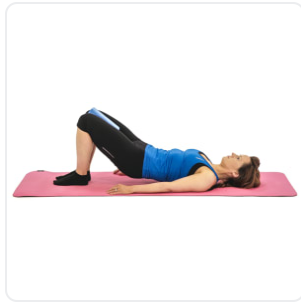
1. Lay on your arm in side-lying with the knees bent and hip flexed to 45 degrees
2. Inhale to prepare the abdomen and hips
3. Exhale and lift the top knee
4. Inhale and lower the knee

Sets: 1-3

Reps: 15-20

Tempo:

Bridge



Description

1. Lay on your back with knees bent and inhale to prepare
2. Exhale and raise the hips off the floor then peel the spine off the floor
3. Inhale and hold this position on the shoulder blades
4. Exhales and lower the spine fluidly until the hips reach the floor

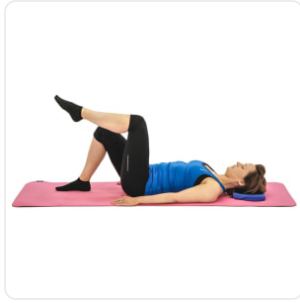
Sets: 1-3

Reps: 20

Hold: 2-5 sec

Tempo:

Scissors Level 1



Description

1. Lie on your back with knees bent then inhale
2. Exhale and slide one heel towards you then up into the tabletop position
3. Inhale and hold this position
4. Exhale and lower the foot to the mat
5. Repeat with the other leg

Sets: 1-3

Reps: 10-15

Tempo:

Swimming Level 1



Description

1. Lie on your front and rest your head on your hands
2. Inhale and engage the abdomen
3. Exhale and push the leg away then raise off the floor
4. Inhale and lower the leg to the floor then repeat on the other leg

Sets: 1-3

Reps: 15-20

Hold:

Tempo:

Single leg knee hug stretch



Description

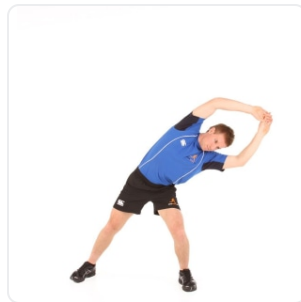
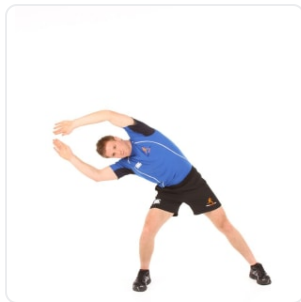
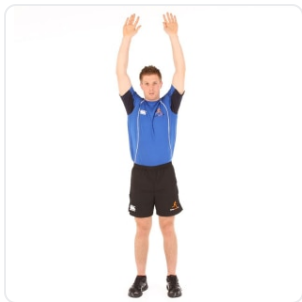
1. Lie faceup, holding one knee in your hands
2. Pull the knee towards your chest
3. Hold for the prescribed time then relax the leg

Sets: 2-3

Reps: 5-10

Hold: 5-10sec

Spinal Side Stretch



Description

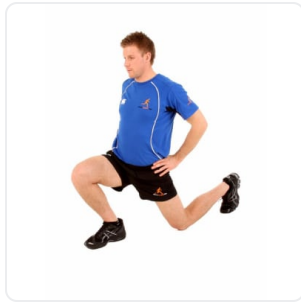
1. Stand with the arms above the head
2. Step sideways into a lunge and reach the arms to that side
3. Drive the hips across into standing and repeat on the other side

Sets: 1-2

Reps: 5-10

Tempo:

Hip Flexor Stretch



Description

1. Adopt a half kneeling position
2. Push the hips forward with a straight back until you feel a stretch in the front of the hip

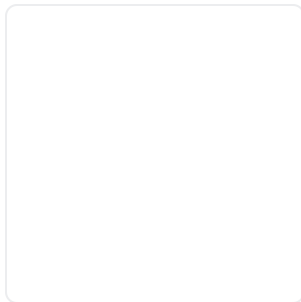
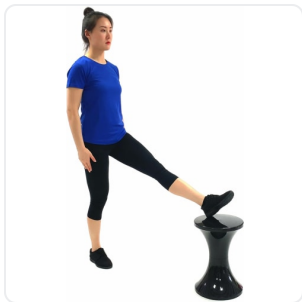
Sets: 1-2

Reps: 2-3

Time: 30-60sec

Tempo:

Hamstring stretch



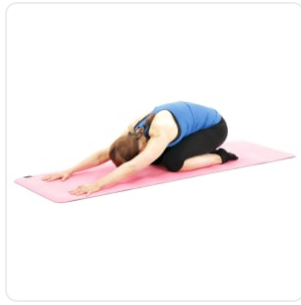
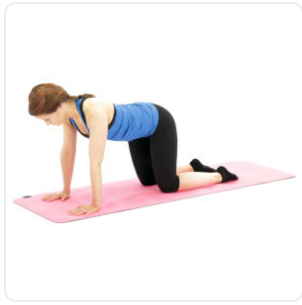
Description

1. Stand and raise one foot on a chair in front of you
2. Keep both legs straight and lean forward to reach the ankle on the chair

Sets: 1-2

Time: 30-60sec

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

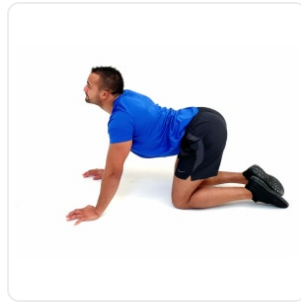
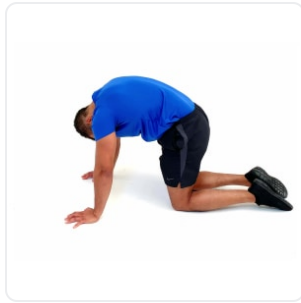
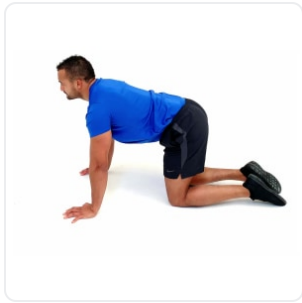
Sets: 1-3

Reps: 5-10

Hold: 5-10sec

Tempo:

Cat Stretch



Description

1. Relax the abdomen and spine on hands and knees
2. Tilt the pelvis forward and back keeping the spine and abdomen relaxed

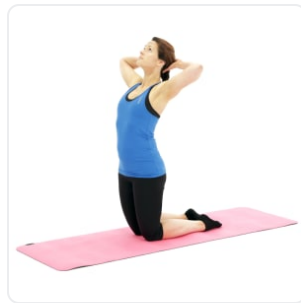
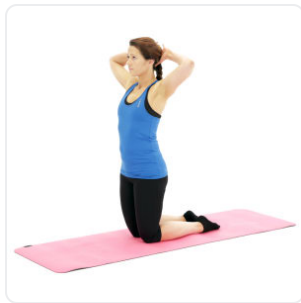
Sets: 1-3

Reps: 10-15

Hold: 5-10sec

Tempo:

Spinal Extension



Description

1. Place both hands behind the head in high kneeling
2. Raise the chest up as you lean backwards and look up
3. Relax the back and head until straight
4. Can also do in standing upright

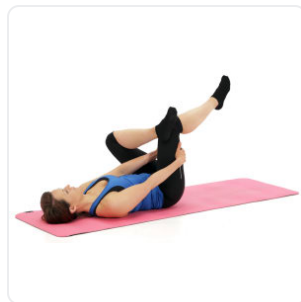
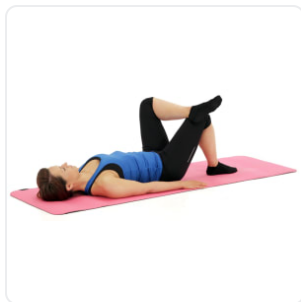
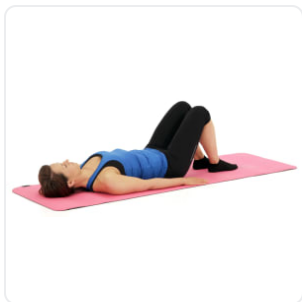
Sets: 1-3

Reps: 10

Hold: 5-10SEC

Tempo:

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