

1 Set / 5 Reps / 10 s hold



### 1. Correct breathing supine (as taught in lumbar class) [01010]

Place your hands at the base of your ribs with your thumbs pointing towards the small of your back.  
 Take a deep breath in using your diaphragm, so that your ribs move out into your hands.  
 Now breathe out slowly allowing your ribs to drop and sink downwards.  
 It is important to breathe using your ribs and upper stomach muscles.  
 Use your lower stomach muscles for stabilising your lower back.  
 Keep your neck and shoulders relaxed and make sure your shoulders do not rise upwards as you breathe.

1 Set / 5 Reps / 10 s hold



### 2. Finding your neutral spine in supine for upper body pain [02010]

Lie down on your back with your knees bent feet flat on the floor.  
 Place your hands on the bones of your pelvis at the front.  
 Tilt your pelvis backwards and then forwards and then back to find the central place or "neutral spine" where any discomfort in your spine is at a minimum.  
 As you do this your tailbone will come off the floor slightly and then flatten back down onto the floor.  
 Slowly draw up your pelvic floor muscles and your lower stomach muscles in, towards your spine, as though you were doing up a zipper.  
 Repeat this process to get used to finding the spot that is most comfortable for you.  
 Gently hold this muscle contraction for the required duration.  
 Continue to breathe deeply throughout this exercises.

1 Set / 5 Reps



### 3. Correct breathing supine [01020]

Lie on the floor with your knees bent and feet flat on the floor.  
 Wrap your thumbs and fingers around the base of your ribs.  
 Take a deep breath all the way in to the base of your lungs, moving your ribs out into your hands.  
 Your tummy will puff out.  
 Breathe out, gently tightening the abdominal muscles, fully emptying your lungs.  
 Repeat this exercise, keeping your neck and shoulders relaxed throughout the movement.



#### 4. Scapular retraction/protraction supine arm raises

Lie on your back and flatten your shoulder blades against the floor.

Whilst keeping your shoulder blades still, slowly lift your weaker arm up, leading the movement with your thumb.

Keep your elbow straight and point your arm straight up towards the ceiling.

Lift your shoulder off the floor by Reaching your hand up towards the ceiling.

Hold this position before returning your shoulder blade to the bed.

The movement should come only from your shoulder blade so do not allow your body to rotate.



#### 5. Deep neck flexor activation in supine [13010]

Lie on your back with your knees bent and your feet flat on the floor.

Place a pillow or towel under your head and look up towards the ceiling.

Visualise a pivot point going through your ears.

Gently nod your chin as though rotating around that pivot point without tensing your side neck muscles.

Use the muscles, deep at the front of your throat instead.

This is a very subtle exercise and will take practice to tuck your chin in just enough so you feel the back of your head a little heavy on the pillow but without the activity of your side neck muscles.

These deep neck muscles are important to retrain to help headaches and neck issues from office or computer work.

Hold your chin downwards as advised and continue to breath in a controlled manner by expanding and contracting your lower ribcage.

Contract your lower stomach and pelvic floor muscles at the same time throughout the movement.