

Patient Information

Core Stability Exercises

Your ward therapist will go through this leaflet with you and fill in the appropriate repetitions of the exercises to start off with. Try and increase this amount each time and as you improve. You should feel muscle fatigue but no pain.

The following exercises are very important in helping to support and control the muscles of the back, which act like a corset during movement and functional activity.

The exercises should help increase the strength of these muscles, which make up your abdomen, buttocks and low back, and also help you become more aware of your posture in different positions.

You may initially feel some stiffness and soreness in your stomach muscles because they may not have been working efficiently for some time.

- Once you have mastered stage one, this “set” position should be applied to all of the other exercises.
- Try and keep you're back in a neutral, or slightly curved, position for all of the exercises, your physiotherapist will show you this position.
- Each exercise should be done slowly and smoothly.
- You will tend to want to hold your breath during the exercises; however it is important to continue to breathe normally whilst holding the muscle contraction.
- The exercises should be done on as firm and flat a surface as possible.

Please complete these exercises daily, initially each hold should last for the count of 5, as this becomes easier, gradually increase the hold for the count of 10.

Stage One – The “set” position

Tighten the muscles around your waist so that your belly button is pulled upwards and inwards. Do not let your pelvis or lower back move. This is the most important exercise and is the basis of all of the others.

Repeat 10 times.





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Stage Two – Starting Exercises

Lying on your back with your knees bent. Put your hands on top of each other under the small of your back, and then pull your belly button up and in making sure your pelvis doesn't move.



Repeat ____ times.

Lying on your back with your knees bent. Set your stomach, and then keeping both knees bent and your feet flat on the bed, lift your bottom off the bed.



Repeat ____ times.

Lying on your back with your knees bent. Set your stomach, and then slowly move alternate legs to the side, keeping your pelvis still, and your stomach set.



Repeat ____ times.

Lying on your side, knees bent, feet together in line with buttocks and shoulders. Keeping your heels together slowly lift the top knee. Do not allow your hip to roll back. Slowly lower back down. Repeat on opposite side.



Repeat ____ times.

For further information please discuss with your Physiotherapist or call the office on 01793 605126 Monday to Friday 8:00-16:30, this has an answerphone service if the office is unmanned.



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Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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