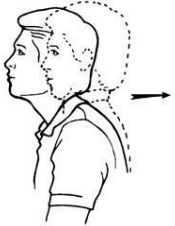

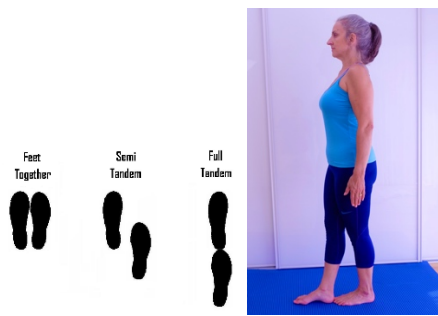


# SpineSafe Pilates – ‘DIAMOND PILATES’ LESSON PLAN

**Before exercises start, set up with Base Line Essential Principles (BLEPs) to set up good posture and warm up with a simple mobilization of joints:**

- Foot/leg positioning, hip distance apart, 2<sup>nd</sup> toe under knee, under hip, under shoulder, head level
- Neutral pelvis and spine
- Lateral breathing into rib cage adding abdominal hollowing and lifting pelvic floor
- Rib to hip ratio and ribcage placement
- Shoulders back and down
- Neck aligned on head

Exercise name	Action
<p><b>‘Pie-in-face’ Neck retraction</b></p> 	<p>Feel as if you are lengthening the crown of the head to the ceiling Always start with slight chin nod Chin retracts backwards not downwards Shoulders stay down and relaxed Eyes stay fixed point in front</p>
<p><b>Standing foot pedals</b></p> 	<p>Heel lifts – hands on hip – peel one heel of the floor tracking the knee in line with the second toe and lower repeat on opposite side</p> <p>Foot Pedals as above –come up higher and alternate the foot pedal from one leg to the other focusing on pelvis stability and knee / ankle alignment in line with 2<sup>nd</sup> toe Keep pelvis still and level Maintain neutral spine and hip to rib connection Keep weight distribution even through the legs. This shouldn't change as you lift the heel because the weight should just transfer into the ball of the foot</p> <p>Progression Add a resistance band above the knee</p>
<p><b>Balance - Tandem Stance</b></p> 	<p>Bring the right foot directly in front of the left foot as if you were standing on a tightrope Weight is equal between both feet (though a little more weight will be in the back leg) Draw up in the inside thigh Maintain neutral spine and hip to rib connection Crown of head to ceiling Keep weight distribution even through the legs The knees are straight but should not be locked out Hold for 10 to 30 seconds Add arm swings like walking</p>

### Standing knee lifts



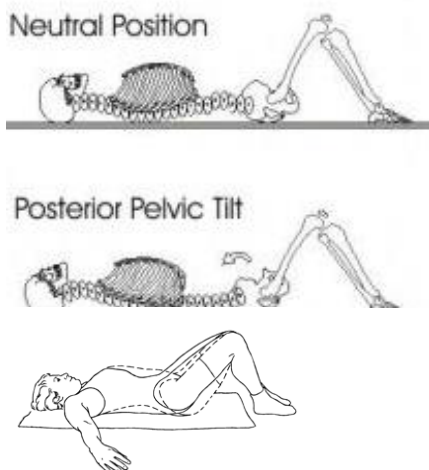
Side sways – start the exercise by swaying sideways from right to left – exchanging weight between the feet without lifting the foot  
Weight transfers from the ankles not the waist  
Start with heel lift focus on body's natural sway envelope, track knees in line with the hip  
Repeat several times then progress to lifting heel and bringing knee up  
Add rotating hip out to side and back keeping knee in line with hip  
Try passing small ball under knee  
Repeat several times

### Kneeling up band pulls



Pull back from the top of the shoulder blades  
Neck stays in line  
Avoid extending the lower back by squeezing glutei  
Wrist in neutral – avoid flexing or extension at the wrist  
Exhale as you pull band back  
Inhale as you relax back to start position  
Short sharp out breaths on faster presses  
Combine pelvic floor North to South pull up from the front as arms pull back  
Relax pelvic floor on in breath and as arms relax

### Pelvic tilts supine (lying face up)



Feet and knees hip distance apart, bend the knees  
**Posterior tilt:**  
Inhale to prepare, exhale and tuck tailbone under or press waistband into wall/floor while hollowing  
Visualise a 'string attached to belly button' draw string down to the floor, each movement sink abdominals lower  
Fingers below belly button ensure drawing down not pushing out abdomen  
Inhale and relax to neutral spine  
**Anterior tilt (avoid if it brings on pain/symptoms)**  
'String' is lifted to ceiling, abdominals stick out  
Relax back to neutral spine

### Arm Pullovers (with pole optional)



**Action:**  
The start position can be from picture 1 or picture two  
Palms face the floor - draw down from shoulder and lats feel as if the arms lengthen as you hover them off the floor  
Turn palms to face each other and lift toward the ceiling  
Arm can go over head - leading with the thumb and return to side of pelvis palms facing down  
Combine with pelvic floor contraction

### Visualising Firing – Supine & Ball between legs



Place hand on hips and close eyes  
Visualise foot getting lighter without pushing into the other foot  
Focus on keeping the sacrum still  
Avoid holding breath, practise 'Lateral' breathing

#### Ball between the legs

Place small ball between legs above knees  
Visualise drawing ball up towards the groin – breathe normally. Try this exercise standing, visualise the ball lifting up towards body.

Relax rest of body - jaw, shoulders etc. Avoid holding breath

### Knee drop



Feet and knees together  
Focus on sternum staying still  
Hands on hips to check pelvis not moving  
Lower the right knee towards the floor rolling on to the outside of the foot.  
Keep the sacrum as still as possible  
Stop as soon as any movement is seen on the left side from either the knee, hip or lower back.  
Repeat on opposite leg

Progress to arms across chest, elbows off floor, only you can maintain sacrum, opposite knee & hip still.

### Side lying series I - IV



Folded towel / pillow under bottom hip if needed  
Extra pillow for neck support for head if necessary

I – lift the top leg in line with the top hip, maintaining the gap between the hip and rib, **lift & lower leg**  
II - lift the top leg in line with the top hip, maintaining the gap between the hip and rib and **draw a small circle with your heel, go both ways**  
III - lift the top leg in line with the top hip, maintaining the gap between the hip and rib **extend top foot behind you, point toes down and pulse**  
IV - lift the top leg in line with the top hip, maintaining the gap between the hip and rib then **tap the floor in front with top leg lift in an arc/semicircle to tap floor behind and repeat.**

Progress - Take top hand to side of body

### All fours partial cat stretch



Mobilise lumbar spine  
From neutral spine tilt pelvis under and flex spine towards ceiling, return to neutral, repeat

### Hamstring stretch






Good spinal alignment  
Stretch hamstring with band  
Maintain slight chin nod  
Relax shoulders down  
Exhale and very gradually increase stretch

Hold 10 seconds and repeat

### Hip flexor release



Bring both knees into chest – as close to chest as possible  
Keep one knee in same place and then lower opposite leg to the floor  
Repeat on other leg

<p><b>Partial shoulder bridge</b></p> 	<p>'Sink' ribs i.e., imprint abdominals          Feet slightly closer to buttocks start to recruit buttocks and lift to top of sacrum          Repeat several times          Increase ROM so waistband comes off floor          Build the lift to the bottom of the ribs          Lower in straight line rather than lowering with segmental control</p>
<p><b>Adductor release</b></p> 	<p>Feet together, knees apart          As you exhale, relax inner thighs and pelvic floor</p>
<p><b>Kneel press to standing &amp; stretch</b></p> 	<p>Strongest leg forwards. Press the foot down into the floor, hands on hips. Tuck the back toes under, pressing front foot down into floor. Hinge from hip, nose over knees, drive into standing          Use a chair if needed for support</p>
<p><b>Homework</b></p> <p><b>YouTube</b>          Female pelvic floor muscle - 3D <a href="#">animation</a>  <a href="#">Male pelvic floor muscle - 3D animation</a>  <a href="#">Free Pelvic floor exercise videos Part 1 &amp; Part 2</a></p>	<ol style="list-style-type: none"> <li>1. Regular daily pelvic floor exercises e.g., whilst waiting at traffic lights, during adverts on TV, etc.</li> <li>2. Brushing teeth standing on one leg - am, other leg – pm for balance, good posture and core work</li> <li>3. Stress incontinence: 'Brace' before coughing or sneezing then relax</li> <li>4. Urge incontinence: Minimise 'just in case wee...' train yourself to pass urine when you 'need' to – about 1 pint - and minimise caffeinated drinks.</li> </ol> <p>Don't suffer in silence, there's lots of help for you...</p> <p><a href="http://www.bladderbowel.gov.au">http://www.bladderbowel.gov.au</a>  <a href="http://www.continence-foundation.org.uk">http://www.continence-foundation.org.uk</a>  <a href="https://www.continence.org.au">https://www.continence.org.au</a>  <a href="http://www.pelvicfloorfirst.org.au">http://www.pelvicfloorfirst.org.au</a></p>

**NOTES:**