

Program name: Shoulder Stability Program

Program date: 11/03/2020

The Pilates Rest Position

In the rest position your muscles are relaxed and your joints are in neutral alignment. You should try to incorporate the key points of the rest position into all postures throughout your day.

- Lie on your back with your knees bent up and your head supported on a small cushion or folded towel
- Relax the weight of your head into the support
- Lengthen the back of the neck by reaching the crown of the head towards the wall behind you
- Gently draw your shoulder blades down towards your waist to relax the neck and shoulders
- Soften the ribcage into the mat to connect the back of the ribcage on the mat
- Place your feet and knees hip distance apart
- Make sure that your weight rests on the six key points of the feet: the base of each big toes, each little toe and the centre of the heel on each foot
- Imagine your pelvis is a bucket of water. Tip it backwards to spill some water out the back of the bucket and you will feel your back gently flatten onto the mat. Now tip it forwards to spill some water out of the front of the bucket and you will feel your lower back arch slightly. Find your 'neutral spine' position by resting the bucket halfway between these two movements. There should be a small space between your back and the mat, and your pubic and hip bones should form a small flat triangle
- Maintaining the neutral spine position, INHALE wide into the sides and back of the ribcage and then EXHALE. At the end of your exhale, slowly draw up through the pelvic floor muscles to engage these and your deep abdominal muscles. Hold this gently contraction and keep breathing for up to ten breaths



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Breast stroke preps

Starting position: Lie on your front and rest your forehead on a small cushion/folded towel.

Lengthen the back of your neck. Rest your arms beside the body. Palms facing inwards. Neutral spine position. Legs out straight, hip-distance apart.



Level 1

- EXHALE, gently slide your shoulder blades downwards. Simultaneously, reach from your shoulder blades to your fingertips, hovering your arms off the mat. Your head remains down and the back of your neck long.
- INHALE and keep reaching your arms
- EXHALE, relax your shoulder blades and arms to the mat

Sets: 1 Reps: 10



Tips

- Imagine your tailbone reaching towards your heels to prevent arching your lower back
- Think of pointing the crown of your head to the wall in front of you to avoid extending your neck

Double leg stretch

Starting position: Rest position. Centre engaged.

Level 2

- INHALE to prepare
- EXHALE, lower both arms overhead while simultaneously sliding your left heel forwards along the floor
- INHALE, circle both arms outwards and then downwards. Simultaneously, slide your left heel back along the floor towards your body
- Repeat alternating legs

Sets: 1 Reps: 10



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Swan Dive

Starting position: Lie on your front. Legs out straight, hip-distance apart. Arms bent into an 'L' shape and resting beside your body, with the elbows slightly below shoulder level. Forehead resting on small cushion or folded towel. Neck long.



Level 2

Starting position: Lie on your front in the 'sphinx' position. Legs parallel, hip distance apart. Gently lift your waist, lower ribcage and breastbone away from the mat. Slide your shoulder blades downwards. Allow your head to rest forwards towards the floor.



Action

- INHALE to prepare
- EXHALE, lengthen the back of your neck and lift your head and neck upwards into neutral alignment with your upper spine. Reach the crown of your head away from your tailbone to maintain the sphinx position
- INHALE, slowly roll your head forwards towards the floor by moving from the base of the neck.
- Repeat maintaining the sphinx position

Sets: 1 Reps: 10



Tips

- Reach the tailbone towards the wall behind you to avoid arching your lower back
- Imagine holding a ripe peach between your chin and your chest to avoid jamming your chin to your chest

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Leg pull in prone prep

Starting position: Kneel on your hands and knees. Knees directly under hips and hands slightly forwards of your shoulders. Curl your toes under to rest on the balls of your feet. Elbow joints soft. Head and neck lifted in alignment with your spine. Spine long in a 'tabletop' position.



Level 1

- INHALE to prepare
- EXHALE, hover your knees one inch off the mat, keeping neutral alignment throughout the spine
- INHALE and hold this position
- EXHALE, lower your knees to the mat

Sets: 1 Reps: 10



Tips

- Imagine a candle sitting under your chest to ensure that your chest does not sink towards the floor
- Imagine balancing a tray of drinks across the lower to avoid rocking the pelvis sideways
- Do not allow the abdominal wall to bulge or dome forwards

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Swimming

Starting position: Lie on your front. Forehead resting on the back of the hands. Neck long. Glide your shoulder blades down towards your waist. Neutral spine position. Legs in parallel alignment.



Level 4

Starting position: Kneel on your hands and knees. Knees directly under hips and hands slightly forwards of your shoulders. Elbow joints soft. Head and neck lifted in alignment with your spine. Spine long in a 'tabletop' position.

Action

- INHALE to prepare
- EXHALE, reach your left arm forwards off the mat. Simultaneously slide the opposite foot along the floor away from the body, continue to reach the leg lifting it off the mat
- INHALE and lower this arm and leg
- Repeat alternating arms and legs

Sets: 1 Reps: 10



Tips

- Imagine balancing a drinks tray on your lower back to avoid rocking sideways
- Imagine reaching through the arms and legs to reach the wall at either ends of you

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Arm Openings

Starting position: Side lying with your head supported on a small pillow. Arms reaching in front of the body and resting one on top of the other. Hips bent up to approx. 45° and knees bent up to approx. 90°. Shoulders and hips stacked one on top of the other. Draw the top hip downwards away from the top shoulder to create a small space between your waist and the mat.



Level 1

- INHALE to prepare
- EXHALE, reach the uppermost arm towards the ceiling. Continue to reach the uppermost arm out to the side allowing the upper body to rotate and the front of the chest to open to the ceiling. Allow the head to follow the movement of the arm
- INHALE, and hold the stretch
- EXHALE, rotate the body and arm back to the starting position

Sets: 1 Reps: 10



Tips

- Imagine holding a piece of chalk in your top hand and drawing a large rainbow over the body for level one
- Imagine holding a piece of chalk in the top hand and drawing a large circle above the body for level two
- Think of your shoulder blade drawing downwards as the top arm lifts like the counter weight on a railway gate