

Post-natal exercises
-appropriate for Abdominal Diastasis



Lower abdominals: 10reps

set up - lying on your back, knees bent, feet on floor, arms by sides, neck relaxed. remember we did some tilting of your pelvis to find the centre - do this and then also draw your ribs down a little.
exercise - maintaining the above position slowly float one of your legs up to table top and then let it slowly float back down to the floor then repeat on the other side. maintain that stillness of your spine so you are only using the lower abdominals. This is a tricky concept to get your head around so if you don't get it straight away don't worry we will go over it.



Bridging: 10reps

set up - lying on your back with knees bent, feet flat on floor. Make sure hips, knees and feet are in alignment, you can pop a small ball between your knees to maintain this.
exercise - starting at the pelvis lift your hips up and imagine you are peeling your spine up off the mat all the way to your shoulder blades. Then slowly lower back down to the bed peeling back from the shoulder blades to your tail bone.



Book openings: 10 reps each side

set up - lying on your side with your head resting on a pillow. Arms in front of you. Knees bent in front of you.
exercise - this is a really nice breathing exercise so take a breath in, then as you breath out circle your arm over your body and keep turning your head slightly so your gaze stays locked on your finger tips. Pause and take a deep breath in then slowly circle the arm in the same way.



Clams: 10 reps each side

set up - Lying on your side with knees bent and feet behind. Keep a straight back.
exercise - keeping your feet together and your back and pelvis still lift your knee up and down slowly. This is the one you should feel in that 'back pocket' muscle. If you feel it anywhere else then stop and do the other side.

