

Short Spine

Tier 2

Abdominals

Flexion

Goal: Increase Abdominal Strength and mobility of the spine in flexion

Pre-requisites: Tier 1 Short Spine Preps 1 & 2

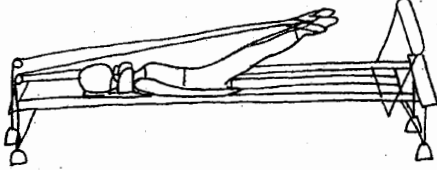
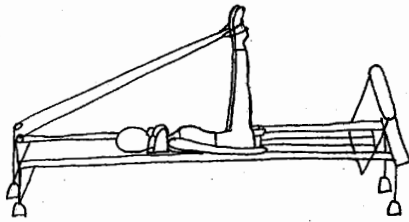
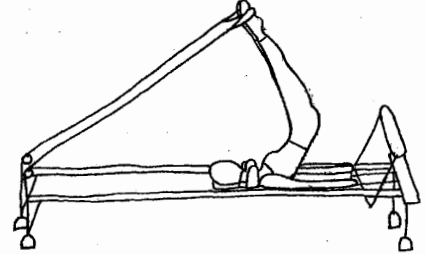
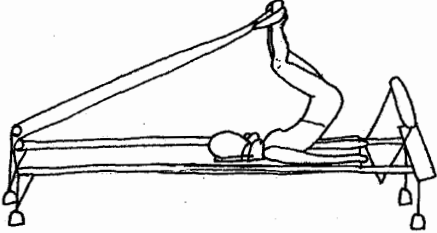
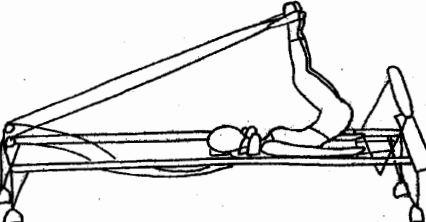
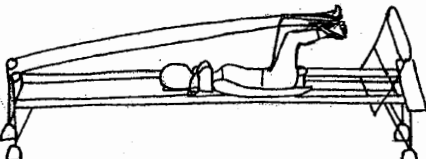
Contraindications: Cervical Issues; lower back pain

Equipment Set-Up: Supine on carriage 2 Springs Headrest Flat Footbar: **High Low** Repeat 5 times

Exercise Set-Up:

Pelvis: Neutral
Spine: Neutral

Arms: Resting by side
Legs: Adducted and laterally rotated

<p style="text-align: center;"><u>Inhale</u></p> 	<p style="text-align: center;"><u>Inhale</u></p> 	<p style="text-align: center;"><u>Exhale</u></p> 
<p>Lie supine and establish a strong rib to hip connection and reach the legs on a diagonal as low as supported pelvis can be maintained.</p>	<p>Rotate legs parallel and start to hinge legs toward torso, keeping the tailbone down.</p>	<p>Peel the spine off the carriage reaching legs toward the ceiling. Carriage should return fully and tension should remain in ropes.</p>
<p style="text-align: center;"><u>Inhale</u></p> 	<p style="text-align: center;"><u>Exhale</u></p> 	<p style="text-align: center;"><u>Inhale - Exhale</u></p> 
<p>Flex knees and laterally rotate legs bringing the heels to the sit-bones. Carriage should stay still and tension should remain in straps.</p>	<p>Keep heels still in space and articulate spine onto carriage without moving the carriage.</p>	<p>Continue to roll down onto sacrum area pulling the heels toward the sit-bones. Exhale: Keep heels together and extend the legs back into starting position.</p>

Notes:

! Watch Out For...

- Loss of abdominal support
- Head lifting up during the roll down
- Rolling onto Cervical Spine
- Popping Abdominals
- Rounding Shoulders during roll up
- Using Arms

Modifications

#1 Modify range of motion as necessary to accommodate weakness in abdominals or use of momentum

Short Spine

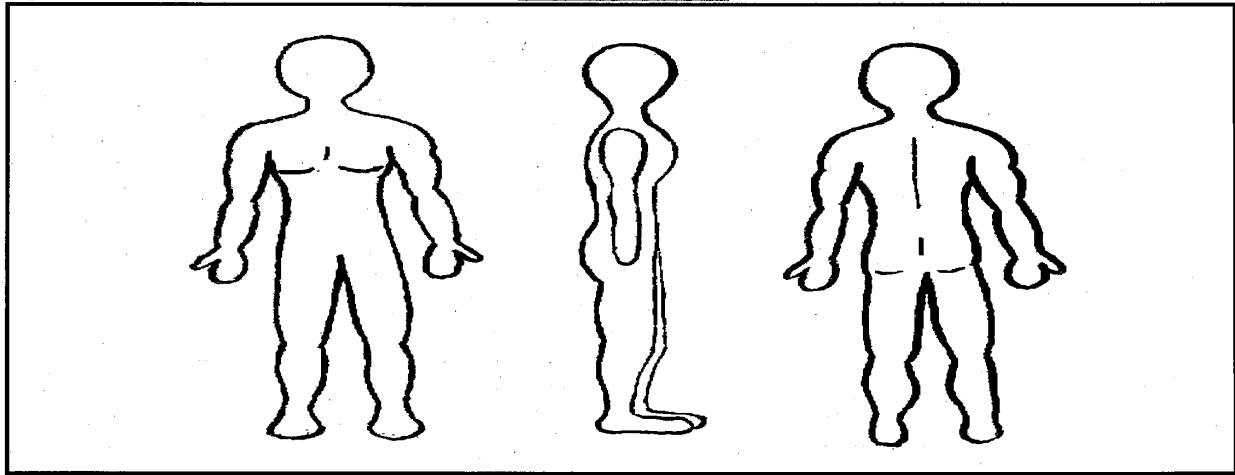
Tier 2

Abdominals

Flexion

Possible Props:

Biomechanics



Mobilizers: Hip Flexors, Rectus Abdominis, Obliques, Hamstrings, Vasti of Quadriceps, Gluteus Maximus,

Stabilizers: Transversus Abdominis, Pelvic Floor Muscles, Obliques (while the knees are bending), Shoulder Girdle Stabilizers, Adductors (while rolling up)

Notes:

Cueing at a Glance:

Inhale: Hinge legs toward you

Exhale: Peel off the carriage

Inhale: Flex Knees

Exhale: Articulate back onto carriage

Inhale: Pull heels toward sit-bones

Exhale: Extend legs back into diagonal

Tendon Stretch Series

Goal: Challenge abdominal strength and Shoulder Girdle stability

Tier 5

Abdominals, Hip Flexors

Flexion

Pre-requisites: Teaser Series, Up Stretch Series

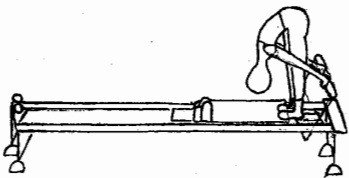
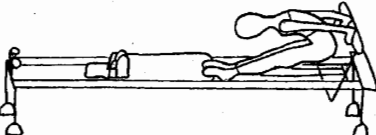
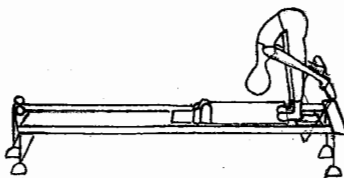
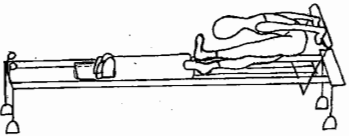
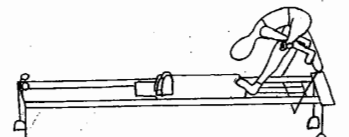
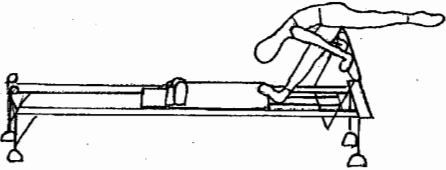
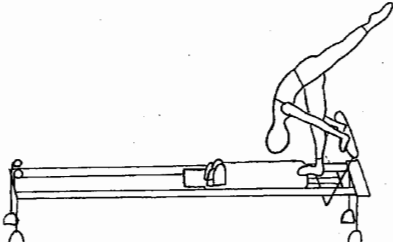
Contraindications: Wrist issues, Tight Hamstrings

Equipment Set-Up: Standing on edge of reformer, facing pulleys **2 springs** **Footbar: high** **Repeat 3-5 of each**

Exercise Set-Up:

Pelvis: Posterior tilt
Spine: Lumbar flexion, thoracic neutral

Arms: Straight, hands behind body on foot bar shoulder distance apart
Legs: As indicated for each position

<p align="center"><u>Starting Position</u></p> 	<p align="center"><u>Inhale</u></p> 	<p align="center"><u>Exhale</u></p> 
<p>Stand with arches of the feet at the edge of the carriage, heels dropping. Legs are adducted, parallel, with knees extended as much as possible. Hands are shoulder width apart on footbar.</p>	<p>Initiate by engaging abdominals, Glutes, and Hamstrings. Press carriage and let pelvis swing through arms.</p>	<p>Initiate again with abdominals to scoop up and bring pelvis back through arms and carriage back in.</p>
<p align="center"><u>Variations</u></p> <p>a.</p>  <p>b.</p> 	<p align="center"><u>Inhale</u></p> <p>c.</p> 	<p align="center"><u>Exhale</u></p> 
<p>a. Flex one hip to lift the leg off the carriage and repeat steps as above. b. Reach the free leg to the side (parallel and abducted at hip level). Press the carriage and let pelvis swing through arms. Free leg stays still.</p>	<p>c. Free leg reaching back. Pelvis stays posteriorly tilted and leg as high as possible. Press carriage and let pelvis swing through arms.</p>	<p>Initiate again with the abdominals to scoop up and bring pelvis back through arms and carriage back in.</p>

Notes:

! Watch Out For...

- Loss of scapular stability
- Knees bending too much
- Loss of abdominal control

Modifications

#1 Reduce spring tension by ½ -- making it easier on the Shoulder Girdle and arms but harder on the abdominal muscles.

#2 Keep supporting leg slightly bent for tight Hamstrings

#3 Cross legs in Variation A if leg cannot be supported

#4 Spot client with hands on client's hips

Tendon Stretch Series

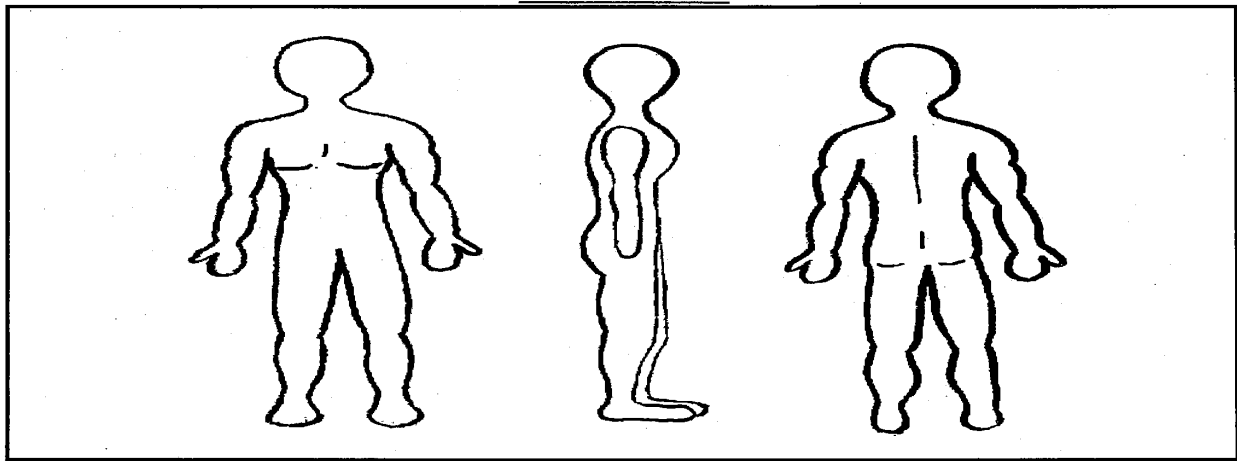
Tier 5

**Abdominals,
Hip Flexors**

Flexion

Possible Props:

Biomechanics



Mobilizers: Latissimus Dorsi, Deltoids, Pectoralis Major

Stabilizers: Transversus Abdominis, Pelvic Floor Muscles, Obliques, Rectus Abdominis, Hip Flexors, Adductors, Gluteus Medius in abducted position; Gluteus Maximus in extended position; Shoulder Girdle throughout

Notes:

Cueing at a Glance:

Inhale: Allow the weight of the body to press the carriage out, maintaining spinal shape

Exhale: Scoop in the abs to return the carriage with control