



PENSHURST ST
PHYSIOTHERAPY
AND SPORTS CLINIC

FREE RESOURCE

**TAKING CONTROL OF
YOUR SPINE**

Why we do this

We do this because we wanted to give you the tools to self-manage your own body. Our vision is to educate everyone around us on how to manage themselves because our goal is to see YOU living your healthiest life!

What this resource is

If you want to know more about how your own body moves – this is for you.

If you are a bit scared to move, and need a bit of guidance this is for you.

If you want to take the first steps to taking control of your spine then continue on and focus!

What it is not

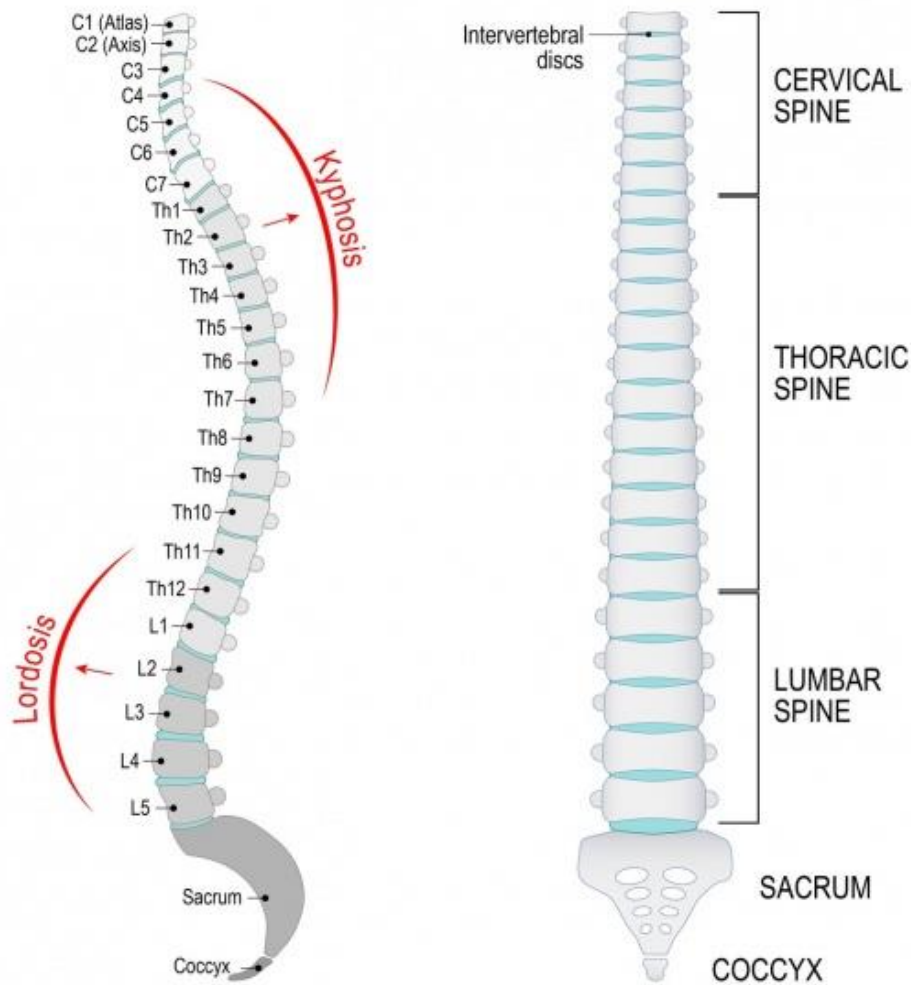
Pay attention! If you have any of these conditions, then we urge you to seek proper medical or allied health advice before giving these a go!

- Previous or upcoming surgery of the spine
- Pregnancy
- Severe trauma
- Any burning pain, pins and needles, numbness shooting down the leg
- Spondylylosthesi, spinal stenosis or pars defect
- Uncontrolled high blood pressure
- Any other pain that may interfere with the execution of the upcoming tasks

Though these drills are important to perform - you do these at your own risk!

Tag us or contact us if these have helped! We would be happy to hear if this has enriched your movement!

Our spine



33 bones. Our spines have so many joints – it is **MEANT** to move, and bend, and twist. **HOW** you move, is a result of 2 things:

- 1. Things you can't control (for example - Genetics)**
- 2. Things you can control (for example - Every decision in your life)**

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What you need:

- Time and patience
- Enough space to lie down
- Yoga mat or something to lie on (optional but recommended)
- Internet to watch the videos
- Printer to print out the checklist (Appendix) so you can self-score

Remember this: YOU have the power to influence the things that you CAN CONTROL.

So, with that being said, let's go and see what you can do!



Movement exploration and control

1. Print out the checklists or refer to them in this document
2. Click the videos to go to YouTube and watch them
3. Try the exercises and tick off as much as you can in the checklist!

1. Front-Back Control (Sagittal)



2. Side to Side Control (Frontal)



3. Rotational Control (Transverse)



Where to now?

If you made it through and nailed all the exercises – that’s awesome! Continue being great and go and do your thing!

If you are struggling with some of the exercises – this is where you can book in and see us and we can help refine the exercises so that you can increase the ways you can move.

We are here to help and we love what we do. Movement is a universal language and everyone speaks it.... but you can always improve on it as well!

**Thanking you,
the curious reader**

Appendix A: The checklists

Front-Back Control (Sagittal)

Done?	Checkpoint	Exercise
<input type="checkbox"/>	Feel lower back motion?	Spinal rolls /cat cow
<input type="checkbox"/>	Feel pelvic rocking?	Spinal rolls /cat cow
<input type="checkbox"/>	Feel shoulder blades open/close?	Spinal rolls /cat cow
<input type="checkbox"/>	Feel neck move?	Spinal rolls /cat cow
<input type="checkbox"/>	Feel the smoothness of movement?	Spinal rolls /cat cow
<input type="checkbox"/>	Can you find the middle point?	Spinal rolls /cat cow
<input type="checkbox"/>	Feel spine move?	Standing bends
<input type="checkbox"/>	Feel pelvis move back when flexing?	Standing bends
<input type="checkbox"/>	Feel pelvic move forward when extending?	Standing bends
<input type="checkbox"/>	Feel the smoothness of movement?	Standing bends
<input type="checkbox"/>	Feel your weight shift on your feet?	Standing bends
<input type="checkbox"/>	Can you find the middle point?	Standing bends
<input type="checkbox"/>	Feel abs work?	Cat Cow floating knees
<input type="checkbox"/>	Feel the spinal movement?	Cat Cow floating knees
<input type="checkbox"/>	Breathing differently?	Cat Cow floating knees
<input type="checkbox"/>	Feel the pressure on your hands and toes?	Cat Cow floating knees

Side to Side Control (Frontal)

Done?	Checkpoint	Exercise
<input type="checkbox"/>	Feel abs all around your stomach?	Supine side crunches
<input type="checkbox"/>	Feel your upper back lift off?	Supine side crunches
<input type="checkbox"/>	Feel spine side bending?	Supine side crunches
<input type="checkbox"/>	Feel the knees move? (don't!)	Supine side crunches
<input type="checkbox"/>	Is the movement smooth?	Supine side crunches
<input type="checkbox"/>	Feel pelvis and ribcage move?	Side bends
<input type="checkbox"/>	Didn't let the lower back drop?	Side bends
<input type="checkbox"/>	Feel even weight on your knees?	Side bends
<input type="checkbox"/>	Is the movement smooth?	Side bends
<input type="checkbox"/>	Feel the abs work?	Side bends floating knees
<input type="checkbox"/>	Feel even on your hands/toes?	Side bends floating knees
<input type="checkbox"/>	Can you keep your lower back from arching?	Side bends floating knees
<input type="checkbox"/>	Is it smooth?	Side bends floating knees
<input type="checkbox"/>	Can you feel the side glute on the standing leg?	Standing hip hikes
<input type="checkbox"/>	Can you keep your lower back from arching?	Standing hip hikes
<input type="checkbox"/>	Is the movement smooth?	Standing hip hikes
<input type="checkbox"/>	Can you feel the pelvis and ribcage tilt in opposite ways?	Standing hip hikes

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Rotational Control (Transverse)

Done?	Checkpoint	Exercise
<input type="checkbox"/>	Feel hamstrings, bum and abs?	Foam rolls
<input type="checkbox"/>	Feel pelvis and lower back twist?	Foam rolls
<input type="checkbox"/>	Feel smooth movement?	Foam rolls
<input type="checkbox"/>	Can you find the middle point?	Foam rolls
<input type="checkbox"/>	Feel the spine, pelvis and ribcage twist?	Four-point knee rolls
<input type="checkbox"/>	Feel smooth movement?	Four-point knee rolls
<input type="checkbox"/>	Feel even pressure on hands and feet?	Four-point knee rolls
<input type="checkbox"/>	Feel your abs?	Four-point floating
<input type="checkbox"/>	Feel the ribcage, spine and pelvis twist?	Four-point floating
<input type="checkbox"/>	Can you find the middle point?	Four-point floating
<input type="checkbox"/>	Experience your breathing difference?	Four-point floating
<input type="checkbox"/>	Feel any weight shift on the feet?	Standing twists
<input type="checkbox"/>	Is your pelvis moving while you are moving the ribcage?	Standing twists
<input type="checkbox"/>	Is your ribcage moving while you are moving the pelvis?	Standing twists
<input type="checkbox"/>	Did you shift to one side? (no!)	Standing twists
<input type="checkbox"/>	Can you find the middle point?	Standing twists