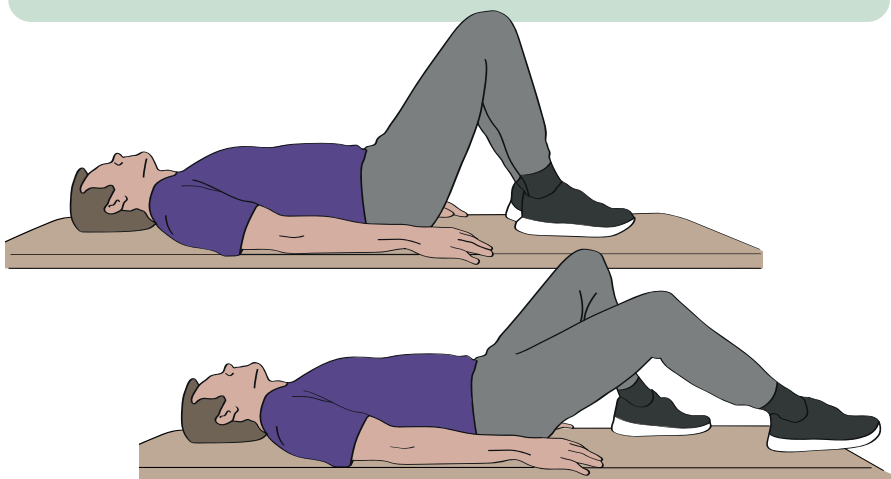


## Core and trunk exercises

Try these core and trunk exercises for a strong base

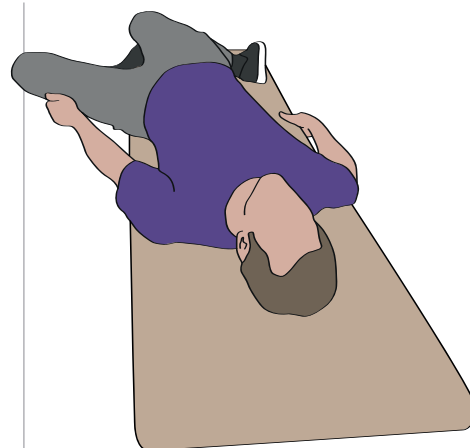
The aim of these exercises is to activate and engage the muscles within the abdominals and around the pelvis which provides a solid base for everything we do.

The key to following each of the exercises below is to ensure you 'set' the pelvis in a neutral position, maintain tension in the abdominals and complete each exercise at a slow and controlled tempo.



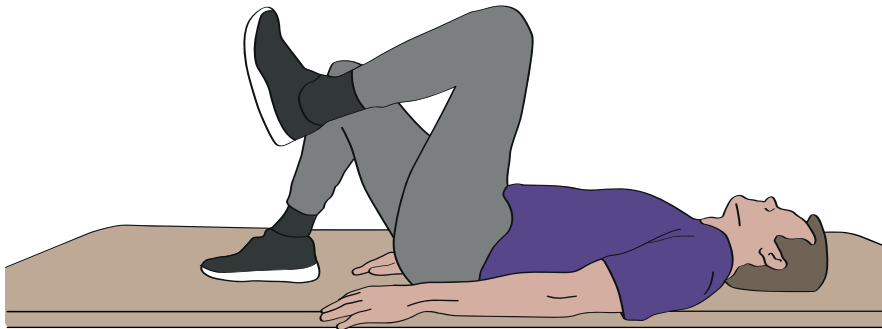
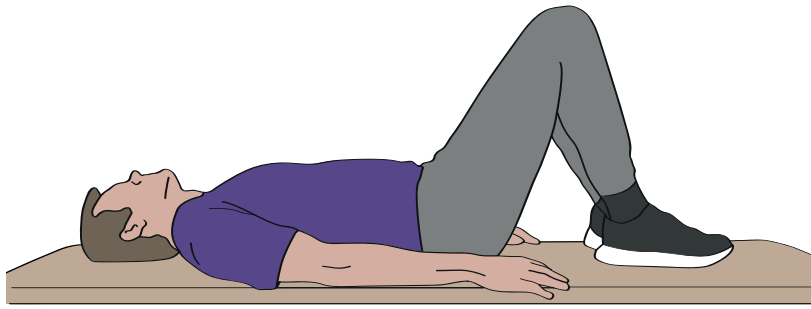
### Leg slides

- Laying on the floor or a bed (the firmer the surface, the better), begin with your knees bent and feet flat
- **Setting the pelvis** Tilt/roll your pelvis towards you so your lower back becomes flat to the surface you are laying on. This engages the abdominal muscles and puts the pelvis in a neutral position where it creates the most stable base for all movements
- Maintaining the contact with your lower back and hips tilted, slowly slide your left foot away from you until you feel your lower back start to arch. At this point, stop and slowly return to the starting position, maintaining the fixed pelvis position and keeping abdominals engaged
- Repeat 5 times before changing leg



### Knee rolls

- Start with knees bent, feet flat and shoulder width apart
- Slowly lower both knees to one side before returning to the middle and rotating to the opposite side
- Only go as far you feel comfortable and avoid any discomfort in the lower back
- Repeat a total of 10 times



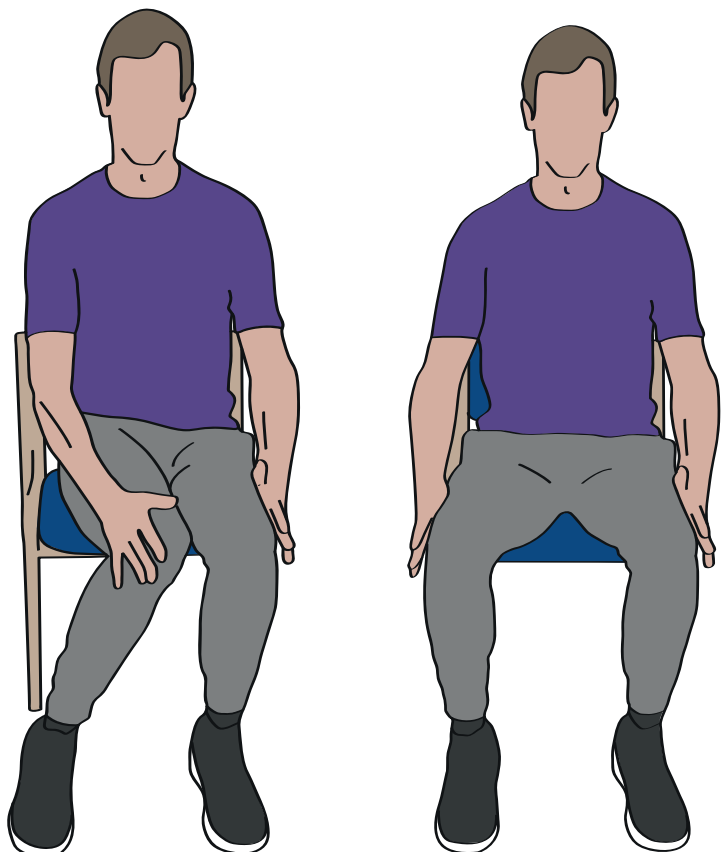
### Knee raises

- Start again by setting the pelvis.
- Maintaining contact with your lower back to the floor/bed and hips tilted, bring your leg off of the bed/floor until your thigh is vertical and a 90-degree angle is made at the hip. Slowly return to the starting position maintaining the fixed pelvis position
- Repeat 5 times before changing leg

**Tip** To increase the difficulty of this exercise, you can place your hands on your stomach, which reduces stability and increases the engagement of the abdominal muscles.

### Gluteal activation

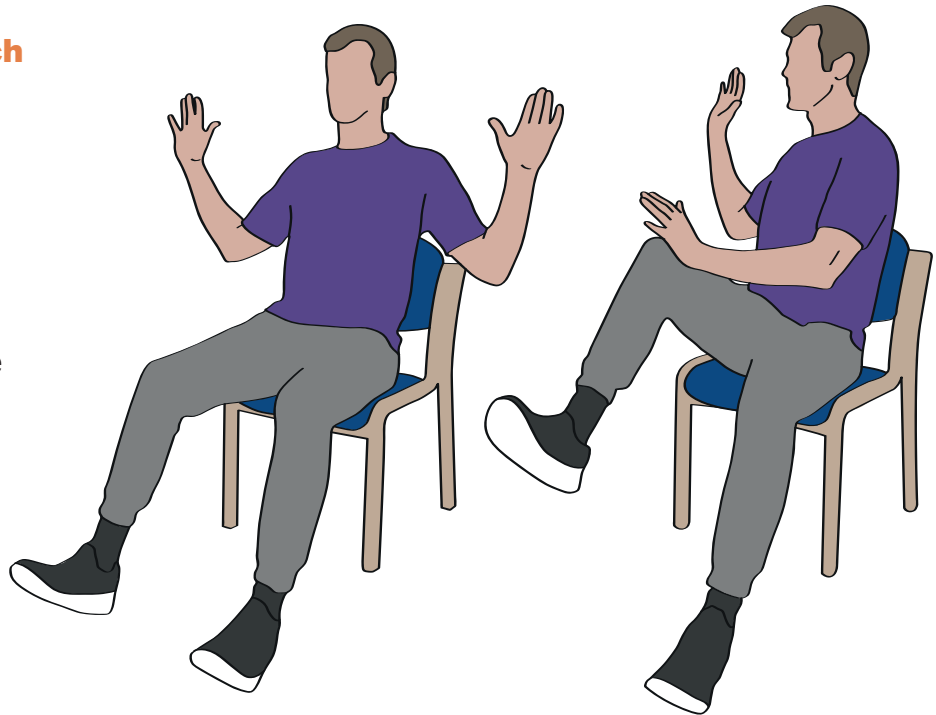
- Start by setting the pelvis and activating the abdominals.
- Sit with hips and knees at 90-degrees.
- Place hands on the outside of one knee and push the knee against the hand (about 50% of your maximum effort), holding for 10 seconds, then relax and repeat on the other side.
- Total of 5 times each side.



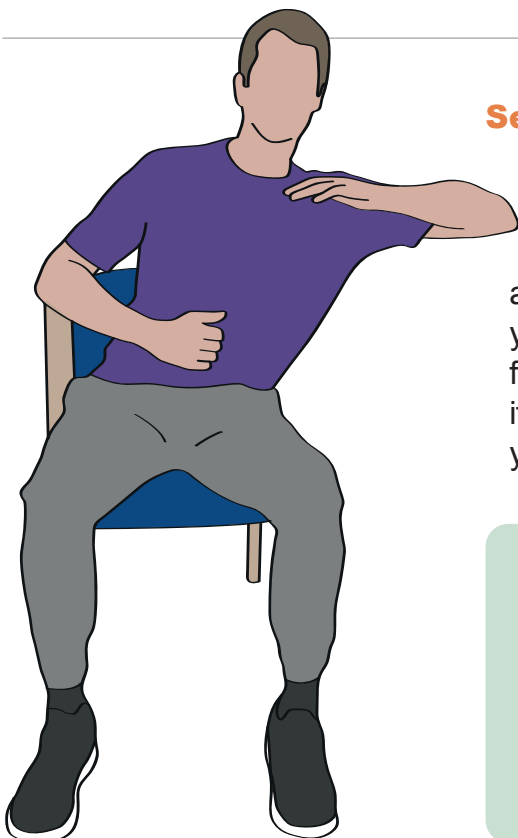
You can do this exercise any time you are sitting such as watching the television.

## Seated abdominal crunch

- Sitting at the front of the chair, set the pelvis and engage the abdominals. Lean backwards just enough to create a slight tension in the abdominals.
- Lifting one leg up from the hip, rotate the trunk and place the opposite hand on the knee. Repeat this with the opposite leg and arm, at a slow and controlled pace for a total of 10 repetitions. Rest 30-60 seconds before repeating.



**Tip** If you find alternating your arm and leg at the same time difficult, begin by splitting the movements, separately lifting the legs alternatively first before switching to rotating the upper body. Make sure to maintain the starting position of leaning back.



## Seated side reach

- With pelvis and abdominals engaged, slowly raise your elbow and lean to the right, keeping your head level, looking forwards. Use a chair with arms if needed for safety. Avoid lifting your feet and buttocks. Hold your position for a count of three before returning to the start position.
- Repeat 10 times, rest 30-60 seconds and repeat.
- You can advance the exercise by using a fully extended arm

For more exercises like this, please visit our website to find out more about our weekly online exercise sessions, which include exercises you will have seen in recent issues of New Pathways [www.ms-uk.org/ms-uk-online](http://www.ms-uk.org/ms-uk-online) or email us for more information [register@ms-uk.org](mailto:register@ms-uk.org). Always consult with your doctor before attempting these exercises.