


Oyster

Exercise name/diagrams Purpose/benefit Repetitions or breaths	Instructions and watch points/imagery	P = Progression A = Adaptation	Modifications
<p>Oyster</p> <p>Strengthen glute muscles, stabilises pelvis, mobilises and strengthens hips</p>  <p>Six - 12 repetitions</p> <p>Release stretch: bring knees into chest</p>	<p>Lie in a straight line on your side with the underneath arm stretched out above the head in line with the body. Place a cushion or head pad between your ear and your arm so that your neck is in line with your spine.</p> <p>Bend the knees to 45 degrees keeping your feet underneath your bottom. Lengthen the top hip away from your shoulder to lengthen your upper waist and under waist. Draw your lower abdominals back towards your spine so that your centre core connection is activated, and make sure that your hips and shoulders are absolutely stacked on top of each other.</p> <p>Action:</p> <ol style="list-style-type: none"> 1. Inhale to prepare. On exhale slowly rotate the top leg outwards in the hip to open the knee towards the ceiling, activating the glute muscles and keeping the feet together on top of one another. 2. On inhale lower the knee down to its starting position. Repeat. <p>Imagine drawing the sitting bones together as you open the knee towards the ceiling and allowing them to come apart again when you lower the knee to the starting position.</p> <p>Maintain your centre engagement throughout and ensure that the hips remain stacked without rocking backwards. Make sure that your under waist keeps slightly lifted so that it does not collapse into the floor and keep the upper body and neck in alignment without falling forwards. Keep your breathing even so that the tempo of your movement flows evenly from beginning to the end of your chosen number of repetitions.</p>	<p>Progression:</p> <p>Levels 2 and 3</p> <ol style="list-style-type: none"> 1. Increase the number of repetitions. <p>Levels 2</p> <ol style="list-style-type: none"> 2. Lift the feet away from the floor when opening the knee. <p>Adaptation:</p> <p>Less repetitions</p> <p>Less range of movement</p>	<p>Place a folded towel or a cushion under the supporting hip</p>