

Patients name:

Program date:

Scissors

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
- EXHALE, slide your right foot inwards towards your sitting bone and float this leg into tabletop
- INHALE and hold the tabletop position
- EXHALE, lower your right leg to the mat
- Repeat alternating legs

Reps: 10



Level 2

- Float your legs one at a time into the tabletop position
- INHALE and hold this double tabletop position
- EXHALE, lower your left leg and tap the tips of your toes on the mat
- INHALE and float this leg back into tabletop
- EXHALE, lower your right leg and tap the tips of your toes on the mat
- INHALE and float this leg back into tabletop
- Repeat alternating legs

Reps: 10



Tips

- Imagine balancing a drinks tray on the front of your pelvis to avoid rocking it sideways
- Do not allow the abdominal wall to bulge or dome forwards
- Imagine that the pelvis is stuck in a block of cement to avoid swinging the pelvis sideways

Therapists signature _____