

Pilates for the Hips and Knees With Karen Grinter

Cast List

Steven Bruce

SB

Karen Grinter

KG

Ana (Model)

A

SB: I'm joined again myself by Karen Grinter. Karen from Northants Pilates. I have no idea what we're going to talk about today, but hang on until the end because we've got a special bonus for you, which has absolutely nothing to do with Pilates. What are we going to talk about today, Karen?

KG: Hips and knees.

SB: Right. And the aim of this is that we're going to give people some useful exercises that they can build into their own clinical practice to help patients who are rehabbing knees and hips.

KG: Exactly.

SB: And they will all know, of course, the intimate connection between hips and knees.

KG: Yeah. I don't have to explain that to them.

SB: You don't have to explain that to them.

KG: Excellent.

SB: So what are we going to do first?

KG: We're going to do a few squats with our lovely assistant, Ana.

SB: Our lovely the assistant, Ana. Ana is of course well known to most of our members as being the face of APM or voice of APM, I should say.

KG: Oh really? I didn't know that. We're going to use a yoga block. In the old days you could use the Yellow Pages, but of course they're about that thick now and end up in the bin. So a yoga block or something to lift the heels up would be really, really helpful.

SB: So we're talking about what? Some four centimeters thick?

KG: Is it? Well, what's that in old money? I don't know.

SB: Two inches?

KG: Yeah.

SB: Two inches.

KG: Yeah. So I want you to put your heels on there for me, Ana.

A: Like that?

KG: Perfect. And slightly wider apart with your feet, not that wide. Lovely. So with the clients that we're teaching, we're looking at alignment obviously, because Pilates is all about alignment, and just really trying to get them thinking about the weight of their body down through hips, knees, and ankles and all that kind of stuff. So, I prefer when they do it at home, that they do it in front of a mirror, so that they can see what's going on with their little legs. So all I want you to do is stand up nice and tall, and then you're going to do a squat, reach your arms forward, stick your bum out behind, keeping a nice neutral spine and pelvis. So bend your knees and off you go and then back up again.

So this is quite difficult for me, because I'm obviously standing behind her, and normally I would be stood in front checking everything that's going on.

SB: Why don't you turn that block the other way?

KG: It's fine. I'm absolutely fine. It's okay.

SB: All right.

KG: So keep going for me, Ana, please. So the reason I use the yoga block is because it's like dancing. Dance is always easier in high heels, because when you've got high heels you can get lower, which is kind of nice. And it's nicer for clients to learn how to squat with their heels lifted up a bit and you can progress it.

SB: What are the errors that a typical person is going to make in doing this, and what should we be looking at put for?

A: That Ana is making, I'm sure.

KG: What they often do is a Charleston, so knees in. Come back up.

A: Okay.

KG: Or they go the other way, and knees out, which is so attractive.

SB: The frog.

A: Like a frog.

KG: The frog. What I'm looking for when I'm teaching is what their knees are doing, and then we can work on correcting that. So often, it's usually the glutes that are weaker or maybe adductors, sometimes TFL being tight, all those things that kind of end up taking things off center. You can stop there and have a little relax. How's that?

A: Yes.

SB: Again, you talked about the knees there, but when you started you talked about making Ana stick her bottom out.

KG: Yes, keeping neutral. Yeah.

SB: Right, okay.

KG: Again, if ... Sorry. If I move you that way slightly darling. If they're really tight in the hips, then they can't keep neutral so they'll get so far and then they round their back off, which isn't so nice for the spine. And again, you're still trying to protect the spine always. So it should just be release at the hips, stick your bum out and sit into the heels a bit, so that it stops being too much about hanging off the quads at the front. But trying to get-

SB: So they should feel the efforts in their quads, I guess?

KG: Yeah. They will at start.

SB: And then they'll feel the pressure under their knees?

KG: Yeah. And the as we progress and they get better at it, then it's very much thinking about sitting into the heels and not ending up looking like they're hovering over a public toilet, but activating much more around the back of the body. So it's a little bit of education really. And it's something that we do every day, as I tell our clients, "You sit on a toilet everyday unless your butler comes and lowers you gently and lifts you off." It's something we've got to do.

SB: And not all of us can afford a butler, can we?

KG: No. We can't, no. Mine's on its way out. So we're going to do something slightly different now. So what I want you to do is bring your foot there, and then bring your other foot at the side for me.

A: Okay.

KG: All right. Okay. So, this is a really good one. And you can do this on the bottom step, unless, of course, you have a bungalow, in which case you'll have to find another way. But it's just called a hip hitch. So again, it's another exercise that's been around forever, but it's a really good exercise to do. So again, alignment, Ana. Lengthen.

SB: Ana's a little bit challenged in the lengthen department, I think.

KG: So all I want you to do is lift this hip up and then drop it down, but try and keep your foot off the floor if you can. And then do it again. So lifting up and dropping down. Good. Keep going. So the work here is on the standing leg. So, there's a little bit of a kind of flexion-ish going up here through the spine, and then as you drop down there's a little bit more work through your abductors. So, but that's-

A: I'm so bad.

KG: Careful. Stay steady.

SB: But that's a good point. She should have something for stability there, shouldn't she? Hang onto a banister or ...

KG: Yeah. So, that's why we put her at the end of the mat in case she decided to fall over, but luckily she hasn't. So you can feel that working.

A: I can, yeah.

KG: Yes. So it's a really good way of ... You kind of think of that femur sitting nicely in her left hip, then that little hitch and lower. And things that go wrong is that they put their feet on the floor or there's too much movement through the whole of the torso. Why don't you swap to the other side? So turn around so they have a view of you from behind and then off you go again darling. So a little lift, that's it. So hopefully you can see that she's doing it really nicely, which is great.

SB: How many times would you suggest someone does this? And I know it's a silly question we ask every single time.

KG: Every single time. It's kind of times 10, so sort of 10 each leg. And the more you do it, obviously the stronger you get. Interestingly, Ana and I were talking a minute ago about people getting older and they're worried about the fact that the elderly population is getting more unstable and unfit. This kind of thing is perfect, because you're really kind of strengthening into that. You can stop now.

A: Thank you.

KG: Strengthening into the hips and stuff, because you want to be able to lower yourself down and get up, hopefully without using your hands too much, not pulling yourself out too much.

SB: Excuse me. And who are you giving this to, other than elderly people who can't get in and out of their chairs?

KG: Everybody. I teach this in class quite a bit. We have yoga box in class, other bits and pieces in class. And it will be part of our unit, our session. But, I mean, you can use it in lots of other different ways. Can I just move you a sec?

A: Yeah.

KG: Because you can do standing side leg work, forward, abduction, extension and anything like that.

SB: You can do that without a block?

KG: You can do it without the block, but it's easier with the foot clearer of the floor, because it's just making people balance a little bit more. So anything where you're challenging balance basically.

SB: Can we just look at the block for a second.

KG: Here you go.

SB: That's pretty solid isn't it?

KG: Yes.

SB: I can squish it but it's not a little foam thing, it's-

KG: No, no, no. That's fairly soft. But, I mean, you see, in the old days, Yellow Pages would have been perfect.

SB: I guess it's slightly compressible just to be comfortable, but anything that thickness, thumb length.

KG: Yeah, anything. As I said, if you can do it off the bottom step of the stairs, because you've got something to hang on to, and you've got something to drop away too, so perfect.

SB: Would you excuse the background noises going on at the moment. I have no idea what's going on outside of the studio, but somebody's moving something heavy and nothing I can do about it.

KG: And these things are quite good as well. I brought them along with me and they're, I don't know, about eight or 10 quid and they're little slidy things. So these have got two different backings, so one's for carpet, one's for a hard surface.

SB: Just, sorry to interrupt. Ana, do you mind, could you see if you can get him to stop making that noise while we demonstrate what these fitness bug things do? Thank you. Just until we finish the broadcast.

KG: They're quite good. Again with somebody that's maybe a little bit aging as well, even sitting in their chair, they can move it and get a bit of mobility going and... Do things out to the side. And, I mean, you can put your hands on them and do press ups and move in and out. There's all sorts of stuff, or you could have them under your feet.

SB: Yeah. I thought you'd have to be quite strong to do that because there's a danger with those that you ...

KG: Yes. With press ups. Yeah.

SB: You need the friction, don't you?

KG: Yes. Sometimes you just need to be able to move stuff along the floor easily. And to be honest, if you haven't got these, you could literally put a tea towel or a flannel on a hard surface, and you would get the same sliding feeling with it. So they're just tiny little slides.

SB: So those are called-

KG: I don't know what they're called.

SB: Fitness bugs.

KG: This is fitness, but I think that's the brand name but-

SB: Oh, I see.

KG: There's another one called Sliders, but I've actually used paper plates in the past.

SB: Paper plates on the carpet or tea towels on the floor?

KG: Yeah, just to sort of to get a bit of movement there. If you've got somebody with a slightly dodgy knee and you want them to get a bit of movement, you could stick one of these under their feet, keep the feet on the floor, tie a band around their legs for some resistance, and you can get them moving and strengthening through that knee joint-

SB: So, when you say a band around their leg, you mean under their heels and held in their hand?

KG: Sitting on a chair, so the band would come from behind.

SB: I see, I see.

KG: So you've got that resistance going through that movement there. So they just give you a bit more slide around. Okay.

SB: Right.

KG: Right. You're going to come back here, Ana, and we're going to tie you up now.

SB: A normal day in the office for Ana.

KG: A normal day in the office.

A: Am I on the-

KG: If you lie on your back with your head at that end and your feet at this end.

A: Okay.

KG: So, I've got loops of different kinds of strengths. I think we might use the black. Actually we won't. We'll use this one. But the other thing, I think everybody's usually got a bit of this stuff around, and these freezer clips are quite handy. In fact, we'll use it instead. So bend your

knees for me, then we'll wrap that around there and then clip it there. So it saves tying a knot that you can't get undone.

SB: What a good idea.

KG: So good old freezer clips. You're going to take your feet a little bit farther apart and bringing them slightly closer towards your bum for me, Ana.

SB: What are we looking at, 90 degrees at the knees?

KG: Lovely. So no, we're just looking for just a comfortable position. So she's got a bit of resistance here, just a bit. So all I want you to do is a spine curl. Ana tells you she's doing Pilates now.

A: Just started.

KG: So no pressure to get it right.

A: Thanks, Karen.

KG: That's okay. So do a good pelvic tilt for me and bottoms up just as far as your bra strap there. Now keep a slight-

SB: What do we say to our male patients?

KG: Mid back shoulder blades.

SB: Right, okay. Imagine it's Friday and you're wearing a bra.

KG: Yes. So never judge. So I want you to push your shoulder blades down into the mat a bit and I want you to push your hips up to the ceiling. Yeah. Now does that make your bum work a whole lot harder?

A: Yeah.

KG: It does. It's amazing. Now stay there.

SB: So again, as long as you can hold that ...

KG: She can.

SB: The fault finding that we're going to be-

KG: Too high. People come too high.

SB: They bring their shoulder blades off the table.

KG: They come right up, yeah. Go, go up. Yes. See, that's on the neck.

SB: So, it's all on the neck now? Yeah.

KG: It's all on the neck, which is not necessary. So shoulder blades down onto the mat. Then if I put my finger on Ana's breastbone, if you push down, pull away from my finger and push down with your shoulder blades, but push your hips up more. Then she's going to feel it here and she's really going to feel it in her bum. Now, hold that position. Keep your right leg still. Take your left leg out to the side a little bit that way.

SB: Just the knee?

KG: And in, yeah. That's it, just out and in. Good. So it's another sneaky way of getting two for one really. So she's working her hips, glutes and hamstrings because she's holding her bum in the air. And now we're adding to it by working through the side of her leg. Relax that in and then roll back down again. So bone by bone, Ana, don't come down like a plank. Lovely.

SB: Well actually, when she was doing that, if you weren't holding this knee then she-

KG: That might have gone out.

SB: If you weren't, then she'd be working both sides of the glutes because they'd both have to counter-?

KG: Yeah. And you could do both together. There's nothing wrong with doing both together, but sometimes it's nice to isolate one side and work the other. In the interests of balance, let's go up again. Just get into that really good position and then take this one out. So the easiest thing is, imagine you've got a cup of tea sitting on this knee or a gin and tonic or whatever works and don't let it spill. And then that one's working to go gently in and out. Okay. How's that, Ana?

A: Yeah.

KG: Whilst looking serene.

A: Yes.

KG: And everything else. Good. One more. Lovely. Bring that in and then roll slowly, slowly down. So heel through. Excellent.

SB: Okay, so same old question.

A: Yep.

SB: We've got patients of different ages and capabilities. This yellow is quite a weak, quite an easy resistance, isn't it?

KG: Yeah, it's not massively-

SB: If you want to start somebody off, you want start off with somebody where they can do 10 repetitions?

KG: They could literally without even doing the lift. So just cup of tea here, Ana. Do that other one that. There, so they don't even have to lift their bum in the air.

SB: No, but when we pick-

KG: Oh sorry.

SB: Which one of these we give them, how many repetitions-

KG: Oh reps?

SB: Do we want to achieve 10?

KG: Again, I would try 10, yes.

SB: Which is just to figure out of the air but it's a useful number to do?

KG: You kind of want to get to the point where ... Well first of all technique, get the technique bang on first. Then when you've got the technique really, really well, then you can work it to two or three sets, where you're starting to tire the muscles a little bit, but always with good technique. The minute you start to lose it and everything starts to sort of let go, then you kind of want to stop. And hopefully in time you can build up to doing little bits more. And again, think of it in phases, what can you do to begin with as an easy level and then how do you progress that to something more difficult?

So, we can make it a little bit harder on her bum. Now if you lift this leg for me, Ana, so keep that kind of 90/90. Now, do a spine curl up on one leg. So now it's lots more work. So exactly the same as what she's just done really and then down again. So without the knee drops to the sides, but just ... So hips and knees and now working quite hard, aren't they?

A: Yeah.

KG: Never mind. Christmas is coming. You don't want a saggy bottom for Christmas.

A: Thanks, Karen.

KG: That's okay.

SB: By implication, you're saying she's got one now?

KG: Yeah.

A: No.

KG: Well, bake off's finished so you can't have a sulky bottom, can you? So I don't know what to do with Tuesday nights anymore. Okay, so there you go same thing again. So there's loads of ways that you can add to it once you've got the basics in. She could stay up on this one, couldn't you, Ana?

A: Oh, forever.

KG: Good. And then you could take that leg towards you more and back in slightly. So again, with the band with resistance, you're just adding a bit more work. So the quads are having to work a little bit, but that's not a bad thing. And then roll down, although you were almost there, Ana. It's okay. Just thought I'd mention that.

SB: You were almost flat.

KG: Almost. She had dropped a little.

A: I'm okay.

SB: I think that's fair.

KG: Sorry, I'm getting you tied up.

SB: With this thing here, I'm going to stick this next to your head. Don't turn-

A: Okay, I won't.

KG: This bit.

SB: So, with this thing, you had this in half and-

KG: I just fold it in half.

SB: You'd put the freezer flip through the middle of that and then the other end just went through the clip.

KG: Yeah. Wrapped around. Yeah, it's just an easy way to use ...

SB: I have a feeling with an equipment failure, there'll just been an explosion of rubber and spandex everywhere and it could be awful, couldn't it?

KG: Never mind. Right. We're going to use the loops this time. So lift your foot up for me, and then down on the other one.

SB: So this is a bit of cut up old rubber bicycle tubes you've got here?

KG: No. You can buy these loops. So, I won't say what I said earlier. Can you whip over onto your side for me and face the cameras. Okay, thank you. So lie flat for me.

A: Like that?

KG: Is your head all right there? Yeah.

A: Yeah.

KG: Put your head, put your arm out straight there.

A: That way or that way?

KG: That way would be lovely. Right, come to 90/90. So, I think most people know the classic oyster exercise, which gets given a lot for working into the bum. So this is another version that I quite like. So again, alignment. Lift your waist up but relax your shoulders. Now look directly ... Yeah. Thank you. So quite often people ... I don't know. Can you see me? Sorry, darling. She's moving the camera nicely to the right position that I'm changing it. People kind of end up like that. So it's like standing with your head drooping forward. So when you're lying on your side, you still want your head on top of your neck.

So if you're giving people exercises, look at where their spine is before you start getting them exercising, because you don't want them in that position. So always looking, get the bony bits in the right place. And if the bony bits are in the right place, everything is good. So here, head on top of her neck, shoulder over shoulder, hip over hip, knee over knee, ankle over ankle. And then if I tell her to lift her waist a little bit and pull in her tummy without tensing her shoulders, then she's got to work in her waist. Now, lift this leg up a little bit, Ana.

A: Like that?

KG: There, yeah. So that's your start position. So it's 90/90 at the hip and the knee. So all I want you to do is lift and lower that leg for me. Up more please. Thank you. And down to about there. Good. So, what you're looking for is just for the thighbone to be moving. If she lifts too high and throws her pelvis back, then her back's not going to be too happy with it.

SB: You can also see some rotation, can't you? Because the ankle is coming up higher, isn't it?

KG: Yeah. So keep it ... Yeah, just-

SB: Which is a normal thing to do.

KG: Yeah. So focus on your thigh lifting and lowering. That's it. Brilliant. How's that, Ana? Can you feel that?

A: That's fun.

KG: Excellent. She's trying to look serene. So, I quite like this one because this really gets nicely into the bum, and then have a rest.

SB: Are you telling people to do this every day when they go away or just ...

KG: I mean, it's -

SB: A couple of times a week?

KG: There's a few little exercises. So what would be a nice thing is if people had a little routine that they could do daily that's maybe over five or six days, kind of takes them as a romp through their body. So you're working different areas just to keep things mobile and moving. So exactly the same movement, sorry a start position, Ana. But this time we're going to do external rotation of your leg. So this is great on a lifted up surface. So you're going to turn your thigh bone out and your foot drops down there, and then it comes back to level.

Don't lift too high and go again. So it's like a ballet turnout. So think of the hip rotating. Yes. There you go, Ana. Keep going. Keep that lifted if you ... Yeah. I know. I'd be much nicer to her if she didn't have this band around to work with as well. So here, you're just looking for the leg to stay still in space. Keep going and you're just looking for that rotation in the hip. So it's quite a subtle movement. It doesn't have to be wild and what not. And you can feel that, I'm sure.

A: Yeah. That was really bizarre, actually.

KG: It is, yeah. But again, it's really nice to get that movement in the hip. Then you can do the opposite, have a tiny breather. You can do the opposite movement and just kind of up. So lift that leg up again for me and now go internal rotation.

A: Like that?

KG: Yeah. And then back again.

A: I don't think my hips have ever moved like that before.

KG: Have they not?

A: I don't think so.

KG: Well, they should.

A: Must have got the wrong dance movements.

SB: We'll give Ana a 10 minute break every day where she can do this in the studio, while we sit round with coffee.

KG: And critique her.

A: On a stool. Yeah.

KG: Yeah. So, and again, all the time that that's going on, we're trying to get people thinking about their body and what everything else is doing. And as we've said a million times, in this country we go to the gym, somebody that looks about 12 shows you how to use a piece of equipment. You plug yourself into sort of Def Leppard or Michael Bublé or Barry Manilow or whatever. And that's all going on in your head and you're not listening to what's going on here. So, it's really getting people to sort of think, "Okay, I've got that bit moving, but where are my shoulders? Shoulders down. Where's my pelvic floors? Hold them up, abs on," all the usual kind of bits and pieces that we want working. How was that? Was that horrible?

A: Honestly, I'm not joking, I don't think my hips have ever felt that. And it's such a tiny little movement, but it's massive in there.

KG: Yeah. Yeah. But we've got three buttock muscles. Glut max is the one we obsess about, but you've got minimus and medius in there that all support the hips and the knees. So as much as you can do to get all around that hip and get as much mobility and strength as you can, it's

really helpful. And a lot of knee problems are sorted out when you sort out the glutes.

SB: Of course.

KG: As you all know.

SB: In terms of, we're dealing with patients, you're dealing with clients in your studio, what difference are they going to notice having done this for a month say?

KG: Hopefully the feedback that we tend to get is that they just feel more mobile, that they actually feel that they can bend down and get up, and move a lot more freely, because suddenly stuff's moving in there. And given that so many people are sitting for so long now.

SB: Indeed.

KG: So our body's trained to sit on our bottoms all day, and then, of course, come January suddenly we think, "Oh, we better do something about it." A body that's been trained to sit for 12 months is suddenly being asked to go running around a gym, then things break and they hurt a lot and then they give up because it was really painful, because they didn't really prepare for it. So these are quite small, simple things to do. And you don't need any special equipment at all. You don't even need this, just the weight of the leg. I think the average male leg is seven kilograms, I think. I'm pretty certain that that's the average. So, that's a fair bit to work into your hip and your bum without too much bother.

A: It's very focused on the areas that you're-

KG: Yes. It needs to be and this needs to be checking-

A: Yeah.

KG: What's going on? Where do I feel it? And also it's my pelvis rocking back or I'm I keeping my pelvis still and just moving that leg? So Steven and I are old enough to remember Jane Fonda.

A: So do I.

KG: Do you?

A: Yeah.

SB: Your mom told you about it, didn't she?

A: Oh, as if.

KG: I can remember ... Well, I was working at Pineapple in the late '70s, early '80s, leg warmers galore. And I can remember we'd sort of lay on our elbows and then the leg could be going like that and it would be up here. But actually that's flexion of the hips. So, yeah, it's got to go there. Go sideways. It doesn't go anything like that as you're about to find out.

A: Right, okay.

KG: So, this is your classic oyster exercise, which lots of my clients get given particularly with hip problems. So I've just tweaked it slightly. So what I want you to do is squeeze your heels together quite firmly, Ana. Then lift that top knee up.

A: That way?

KG: Yeah, just lift it in the air.

A: Oh, like that?

KG: Give it some welly. There you go.

A: Oh, sorry.

KG: Give it some welly and then down again. Lovely. And then do it again. Good. Now keep it there. So the things that go wrong here is that, what she could do to get her leg higher is to rock her pelvis backwards, which of course means that hasn't moved. Good. So just down a little and then up. That's it. Down a little and then up. So it's kind of working at the end of that range. So we're really ... Try not to gouge into the mat.

SB: You're feeling that, Ana?

A: I am. I'm feeling. Yeah.

KG: Don't rip the vinyl, darling.

A: No. But I'm also feeling a bit in my shoulder, which is making me think, "Oh, is that okay?"

KG: No. It's probably because you-

A: Or that I'm doing something wrong?

KG: No. You could probably do with a cushion here.

SB: Hang on a second. Hang on a second.

KG: I'm going to get you one, because rather selfishly I forgot to bring one.

A: That's okay.

SB: Let's just try an ordinary ...

KG: Yes. That'll do.

A: Okay. It just shows that I'm trying to think about what's happening in my body.

KG: Excellent. You're noticing that there's something going on elsewhere. It's working. Okay. So the more you squeeze your heels together, yeah?

A: Yeah.

KG: The more unpleasant that exercise is. And often, because I quite often say to clients, "Well, show me what you've been given to do." And then this one, they're like, "That flapping around. It's like Finding Nemo, the little thing rather than actually exercise." The other side. Yes, of course you can.

SB: Right.

KG: So whip over, Ana.

SB: What if you turn your head to the other end I think?

KG: Thanks.

SB: We're facing this way, Ana.

A: Do you want me facing that way?

KG: Oh, I'm with you.

A: So you can see it from behind.

KG: That's fine. Excellent. Good thinking, Batman.

A: I thought you were my friend.

SB: You have that under you.

KG: Someone's going to be in trouble later.

A: I thought she was my friend.

KG: That's all right. They can air brush. Oh no, it's going out live I forgot. Okay, so off you go again. So squeeze your heels together, lift that knee up and then close it down. Lovely. And keep going. A little open, a little close. So she's keeping a good stable pelvis here. And then she could, yes, she could lift her waist and keep her shoulders away from her ears. All of those things are helpful and good and look serene. That's always helpful. Now do it wrong for me. Rock your pelvis back. So just go up and rock it back and then come forward and close it all the way down and then do it again. So that's doing it completely wrong. So there's a bit of movement in the thigh, but then there's a lot of movement in the lower back. Okay?

A: Okay.

KG: Well done. So you can stop with that. Stay as you are. I will be kind to you and take you out to your ...

A: Restraints.

KG: Restraints, exactly. So keep the bottom leg here. Extend that top leg away to straight and there. So this is the source of the usual side lift abduction exercises. And the cues that we give is, I quite often put my hand on the end of the heel and say lengthen into my heel. So stretch your leg away. So stretch here.

SB: So still plantar flexed at the ankle?

KG: Yeah, slightly. A nicely pointed foot-ish, although sometimes it can send them into cramps. So if that's the case, keep it just gently level. Now, I'm looking for her thighbone to move, not her pelvis. So just lift and lower for me, Ana. Can we go a bit more? There we go. And then down, keep going. So as you all know, much better than I do, it's not designed to go very far this side. So if she keeps it fairly steady and keeps lengthening through there, then it's not going to go very high. But you are working into TFL and whatnot.

SB: So we're trying to avoid lumbar side bending and to keep it all as hip abduction.

KG: If I ... I don't want you to fall off the back of here. So, if they drop back like that, it will go right up there quite easily. So that's your Jane Fonda workout and let's now do it just properly, which is just there. So nice and simple.

SB: I've got a distant memory of that Jane Fonda book that I think my wife had years and years ago.

KG: Did she? I think she was in some stripy leotardy thing with sort of cut right up the side.

SB: Very of its age.

KG: Sadly it was. Okay. Then simple things like little leg circles. Again, just keeping the pelvis really steady.

SB: Yeah. You're finding it challenging, aren't you, Ana?

A: Yeah.

SB: Which is-

KG: That's the whole point of it.

SB: People need to know that it's challenging.

KG: The way I tend to cue it is, bring your top hip forward, take your leg slightly back and then she should feel her hamstrings and glutes firing up a little bit, because people's perception when they're laying down, when I'm teaching a class, their legs will quite often be slightly forward. And they think they're looking ahead they think, "Oh, my leg's below me." It's still in front of you. Take it. Still in front of you, tuck it back. So, yeah. So what you want is slightly forward but mostly back so that you really try and get that kind of posterior chain kicking in and working quite nicely. Okay?

SB: Nice.

A: That kind of feels good.

SB: You can rest.

KG: And then you can rest.

A: Thanks.

KG: Well done.

A: It's quite nice to feel it.

KG: Yes.

SB: Ana's getting a great workout.

KG: She is.

A: I am. I didn't get to go last night, so I'm making up for it today.

KG: Excellent. She's doing Pilates but not with me. Not that I'm upset about it.

A: You're not in the same town and you're always too booked up. That's the problem.

KG: Lay on your back for me. It's not over yet. I'll let you have a cushion though for your head. That all right?

A: Yep.

KG: I've got a ball here somewhere. Bend your knees for me. Right. Put that ball between your knees. Lovely.

SB: So what are we going to use if we don't have our own deflated football at home or patients don't? There we go. We still need the deflated football. Let's switch them around.

KG: Anything.

A: There'll be something.

KG: A pillow, a cushion, small boy. I don't know. That's a different class.

SB: Just for the audience. I mean, there is some value in that because it's got resistance.

KG: Yes, exactly.

SB: And it resumes it's deflated-

KG: Yeah.

SB: And you can spend a lot of money on a deflated football I'm sure if you go online.

KG: Oh, yes, you could. You could spend at least eight or 10 pounds, but they're useful for other stuff as well. These are quite handy. So you can put them under the feet and do you know leg slide things, the way you can put them under the pelvis.

SB: Excuse me again, Ana, this would offend me. I would want it pumped up to full pressure. And it's important that it isn't I imagine.

KG: Well, if I was using this under her head, I would actually take some air out.

SB: Right.

KG: So that there wasn't kind of ...

SB: Air out of the ball. You weren't calling Ana an airhead.

KG: No, no.

A: God. It's getting worse, you two. Comedy act.

KG: No, absolutely not. And then we can use it under her mid back and do ab curls, which I think we've done before on previous programs. So, yeah. There's lots of uses for a small ball. Right. Bring your feet together. So this is called pillow squeeze. So this is a bit of inner thigh action, because again, a lot of knee problems are caused because adductors are not as strong as they should be. And also, I mean, I had a guy in a little while ago who, he didn't see the point that he should work his inner thigh. He said it was some kind of girly thing and I said, "But you've come here with knee problems and we need to address all of the muscles."

And he kind of looked at me, not really believing me and I said, "Look, it's not like ovaries and testicles. You've got one, I've got the other. The makeup of our legs is exactly the same. So would you like to work your inner thighs, please?" So, he thought, "Oh, okay, you put it like that. I understand."

SB: What kind of a person to tell me I've got one testicle?

KG: One testicle, but it's ... I think sometimes some people who don't make that correlation between the roles that muscles have, and just working your bum isn't a girly thing either. It's not about whether your bum is hanging down the back of your thighs, or whether your hips hurt and your knees hurt.

SB: It's what muscles do.

KG: Exactly.

SB: And this, of course, is a very unusual thing to do with your legs, an adductor exercise, isn't it?

KG: Yeah. But it's kind of-

SB: You don't even notice that you're using it adductors normally when you're walking.

KG: Quite often not, no. But those little flighty things are quite good for sort of on the floor. Yes. We might try you with them if we have time.

SB: Will it hurt? I think we should.

A: I had a machine years ago-

KG: There's the old adductor machines.

A: Yes. That was years ago.

KG: Well that's okay if you've got reasonably mobile hips to start with.

A: I probably did back then.

KG: But they can really yank you out.

A: No. Not good.

KG: And that's maybe not that kind of pleasant. If you've got somebody that maybe had pubic symphysis problems with pregnancy, then shoving them on one of those, you could end up giving them more trouble to sort out. So anyway, you're just going to sit there and I'd like your pelvis in neutral, which of course now that you're doing Pilates, you must know what that means, Ana.

A: Like that? Is that right? Is that sort of it? I'm I better?

KG: Can you tilt your pelvis slightly forward? Tilt your pubic bone forward? No, that's backwards.

A: Like that?

KG: Yeah. And now relax your ribs. So keep that natural curve in your lower back.

A: Okay.

KG: Okay? So you're not going to move your pelvis or your spine.

A: Okay.

KG: All right?

A: Just my legs?

SB: I'll bet she does.

KG: I've got my fingers underneath. Don't squash them. They're very expensive. So take a breath in. Then as you breathe out, I want you to close your back passage pelvic floors, close your front passage pelvic floors. Pull in your tummy a little and squeeze that ball quite firmly and hold it, two, three, four, five and gently release and breathe in and that's it. And then do it again. So the only bony bits that should move are your femurs coming slightly together, the easiest thing in the world.

And you see them in class, they get a massive breath in like a blow fish and then kinda ram their lower back down and they squeeze them, and they look like they're doing Pilates while they're constipated, which is not what we're after. Yeah, perfect. So quite firmly on that ball. You can give it a name if you like. If someone's upset you today.

SB: We'll call it Justin.

KG: He's shaking his head in there.

A: No. I think Steven.

KG: You could write Steven on it or anything you like.

A: Oh, I might burst it.

KG: I used to have big triangular cushions and somebody said, "Could you put George on here for me please?"

SB: Now, you've got probably time for one more of these because we've got four minutes left.

KG: Oh my goodness.

SB: Come on, one more exercise. One more exercise.

KG: One more exercise. Okay, let's try up here come, come and ... What? What was that?

SB: I seriously hope you were on sideways facing Ana.

A: I want you to tell them the right way to do it.

KG: Jump off there for me please. Right. Why don't you-

A: Oh, are we doing that?

KG: We'll do this one. So are you okay there? So if you put one there, one there.

A: Okay, like that?

KG: Yes. So stay on. So think speed skating, Ana. If I go here. So think speed skating. So go out and in and then out and in, there. Now, get down a bit lower and in. I think you need to come maybe this way.

SB: I think we're okay.

KG: Are we all right? Because that's off camera there.

A: Okay, how about we do this way then?

KG: Okay, go there. So go out, bend your knee more and bring it in, and then out.

A: No. I was hoping to get my gap back.

KG: And bring it in.

A: Eventually.

KG: Keep going. Lovely and again.

A: Is this all right with your arm?

KG: Yeah.

SB: Just quickly run us through-

KG: A couple more.

SB: What are we doing with this one?

KG: It's just hip mobilizing, but she's working her adductors. She's working at abductors and she's working glutes as well. So if you think getting out of a car, when we get out of a car, we're kind of swinging our leg around and out. So anything that can strengthen that movement. Now come back. Go slightly there. Yeah. So now keep your arm, bring your arms here. So now do a lunge backward and push and keep the other one in, and then bring it up and in. Lovely. And go again. Reach it back. Good and up and in. Now you can see how wobbly Ana's knee is. Change to the other one, darling.

A: Try that one?

KG: Yeah. Good. So she's got a bit of work to do here on these. So you could alternate now. So, go a little slower and smaller. Don't go with big and focus on keeping that knee as stable as you can and then bring it in.

SB: I can see the wobble in that knee.

A: This one.

KG: Amazing what you can do with a paper plate or a flannel.

A: Yeah.

SB: And I think that's about it. We're up to two o'clock and people will have patients come in, and I did promise that there was one special bonus at the end of this, which I'm going to come on to now. Karen came in with this earlier on and this is the most brilliant bit of marketing I've seen for a long time. Canvas bag with all of her details on it. I don't know how much they cost, but I mean they won't be expensive, but what are your patients going to do with these things or your whoever. They're going to go to the supermarket and be advertising your services at the supermarket with a fantastic eco-friendly canvas bag. It really is brilliant. There's a different logo on the other side. I'm really glad you've given us free ones and I will happily advertise.

KG: Yes, free ones for Christmas.

SB: I will happily advertise Northants Pilates down at the supermarket with this. I think it's a bloody good idea. Thank you.