

Sets: 1 • Reps: 1



1. Exercise Safely

Your health and safety is our priority.

Before commencing this exercise program, please refer to the safety instructions at the end of this document.

Sets: 3 • Reps: 8 • Hold: 3s

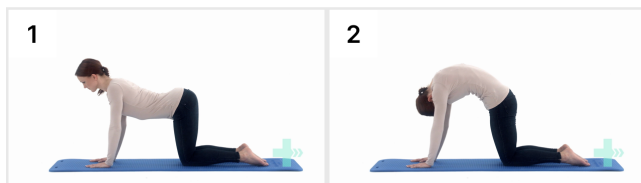
2. Cat and camel pose

Start on your hands and knees with your back in a neutral position.

Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back. Hold this position, and then repeat.



Sets: 3 • Reps: 5 • Hold: 10s

3. Pelvic floor activation in 4 point kneeling - strength, power and endurance

Kneel down and move on to your hands and knees.

Your hands should be under your shoulders, and your knees under your hips.

Keep your back in a neutral position and focus on steady breathing throughout this sequence of exercises.

To activate your pelvic floor you should try to contract your anus, vagina and urethra inward and upward.

You can imagine that you are trying to pull a zipper closed with your pelvic floor from the bottom up.

You should feel a lift within your pelvis.

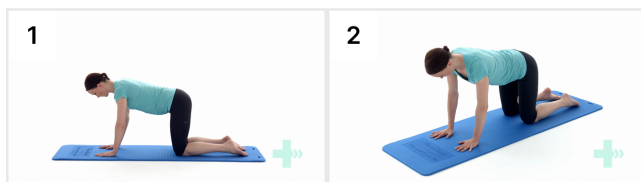
You might also feel a gentle tightening of the muscles low down in your abdomen.

For strength, hold this position for 5 seconds, then relax.

For power, perform 10 quick squeezes.

For endurance, tighten your pelvic floor as much as you can, then ease off so you are working it around 50% of it's effort.

Then hold it for 20 seconds or more.



4. Isometric hip adduction in crook lying

Lie on your back with your legs bent and feet flat on the floor.

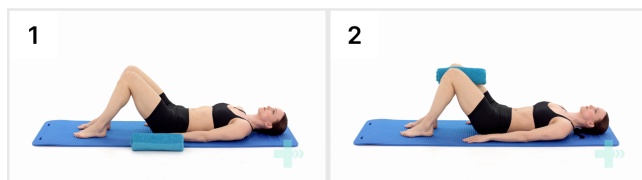
Ensure your knees and feet are hips width apart.

Place a small ball or a rolled towel between your knees.

Tighten your abdominal muscles and pelvic floor, then squeeze your knees together into the ball or towel.

Hold this position.

Relax, and then repeat.



Sets: 3 • Reps: 8 • Hold: 3s

5. Supine alternate hip flexion - movement control

Lie on your back with your knees bent and feet flat on the floor.

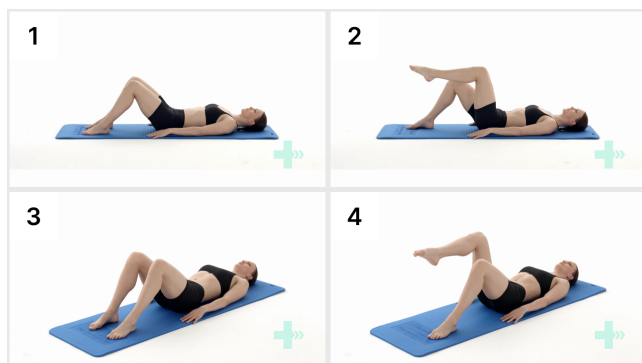
Maintain a hips distance between both knees and feet.

Exhale and tighten your abdominal and pelvic floor muscles.

Simultaneously slowly raise one leg, keeping your knee at 90 degrees.

Inhale holding this position, then exhale and lower your leg back down to the floor.

Repeat this movement on the other side, ensuring you do not twist or arch your trunk.



Sets: 3 • Reps: 5 • Hold: 10s

6. Pelvic floor activation in supine with legs bent - strength, power and endurance

Lie on your back with your legs bent and feet flat on the floor.

Keep your legs hips width apart and gently rest your hands beside you or on your tummy.

Focus on steady breathing throughout this sequence of exercises.

To activate your pelvic floor you should try to contract your anus, vagina and urethra inward and upward.

You can imagine that you are trying to pull a zipper closed with your pelvic floor from the bottom up.

You should feel a lift within your pelvis.

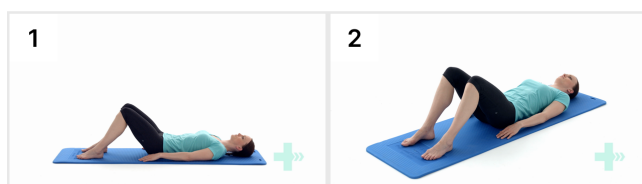
You might also feel a gentle tightening of the muscles low down in your abdomen.

For strength, hold this position for 5 seconds, then relax.

For power, perform 10 quick squeezes.

For endurance, tighten your pelvic floor as much as you can, then ease off so you are working it around 50% of it's effort.

Then hold it for 20 seconds or more.



Sets: 3 • Reps: 8 • Hold: 3s

7. Pelvic Floor with bilateral vertical arm lift in supine

Lie on your back.

Bend your knees and keep your feet flat on the floor.

Gently pull in your pelvic floor and bring your lower stomach muscles up and back in towards your spine.

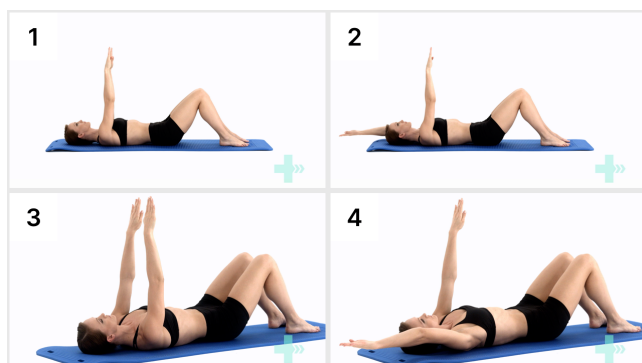
Engage your deep neck muscles by nodding your head.

Keep your outer neck muscles relaxed.

Lift both arms up to point vertically towards the ceiling.

Maintaining the control of your pelvic floor and lower stomach muscles, lower one arm down above your head, then return to the start position.

Change arms and continue to breathe normally.



8. Pilates clam level 1

Lie on your side with your hips and shoulders inline.

Bend your legs so that your hips are bent at a 45 degree angle and your knees are at a 90 degree angle.

Stretch out your bottom arm and rest your head on it.

Bend the top arm with your hand on the mat in front of your body for stability.

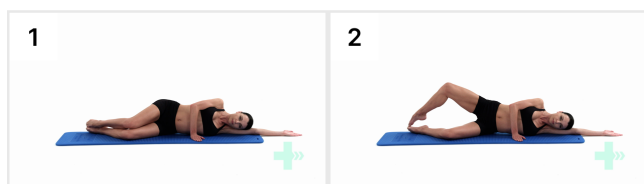
EXHALE: rotate your hip and lift your knee upwards

INHALE: lower your knee down to the starting position.

Change sides after the desired number of repetitions.

Keep your big toes together as you rotate your leg in your hip joint.

Open the knee only as far as you possibly can without disturbing the alignment of your hips.



Sets: 3 • Reps: 8

9. Bent knee fall out in supine - Version 1 (Pelvic floor)

Lie on your back with your knees bent and your feet flat on the floor.

Keep your legs hips width apart and tighten the core stability muscles by lifting your pelvic floor and drawing your abdominal muscles into your spine.

Imagine you are trying to pull the two bones at the front of your pelvis together.

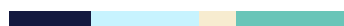
Holding this tension, drop one knee out to the side.

Do not allow the other knee to move, or your hips to rotate with the movement.

Control this position as you bring the knee back up to the starting position.



Exercise Safely



Your health and safety is our priority

Exercise forms an important part of recovery from a range of musculoskeletal conditions. This exercise program is general in nature, and provided as a starting point for managing your symptoms that is safe and, in most cases, effective. If you are unsure how to do these exercises safely, or are inexperienced with exercises like these, please seek advice from your physiotherapist prior to commencing.

Please seek advice from a qualified health professional if:

-  You are experiencing high levels of pain, pain that is unrelenting, or pain that is impacting your normal daily activities including sleep.
-  If you are experiencing neurological symptoms such as altered sensation, pins and needles, weakness, or loss of normal function.
-  If these exercises or any other activities are making your pain worse.