

Pelvic Tilt

Lie on your back propped up to approx 30° tilt and your knees bent.

Gently contract your pelvic floor and core abdominal muscles – tilt your pelvis and push your lower back into the floor or bed.

Hold: 10 seconds. Repeat: 10 times



Alternate Leg Slide

Lie on your back propped up to approx 30° tilt and your knees bent.

Contract your pelvic floor and core abdominal muscles and slowly slide your leg straight and then bend it up again. Keep control of the leg movement at all times.

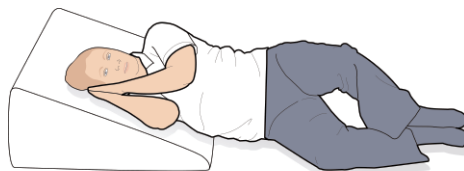
Repeat: 10 times on each leg



Clams

Lie on your side with your knees bent and your hips level, one on top of the other. Contract your pelvic floor and core abdominal muscles and slowly raise the top knee up a few inches. Take care not to twist your back.

Repeat: 5-10 times on each leg



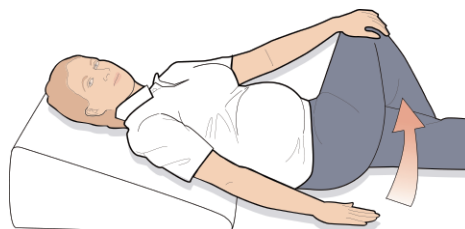
Piriformis Stretch

Lie on your back propped up to approx 30° tilt.

Cross your right foot across your left knee and put the foot flat on the floor.

Pull your right knee across your body gently with the left hand: feel the stretch on the outside of your right hip/buttocks.

Hold for 30 seconds. Repeat on other leg.



Tennis Ball Stretch

Lie on your back propped up to approx 30° tilt.

Bend your right knee and place your right foot on the floor.

Place the tennis ball under your right buttock: take care to put under muscle not bone.

Drop your right knee out to the side and hold it there for 90 seconds: it is normal to feel a very strong stretching sensation initially and for this to fade away after 90 seconds.

Repeat for the other leg.

Only do this exercise every other day.



Happy Cat/Angry Cat

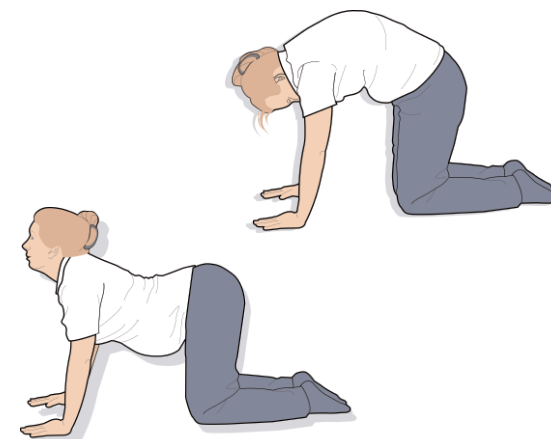
Position yourself on your hands and knees.

Raise your head and arch your back pushing your tummy towards the floor.

Then lower your head and arch your bag pushing your spine towards the ceiling.

Hold each position for 10 seconds.

Repeat 10 times.



Reach Through

Position yourself on your hands and knees. Slide your right hand on the floor across your body bringing the right shoulder towards the floor. Feel a stretch across your upper and lower back. **Hold for 10 seconds. Repeat with the other arm.**



Upper Back Stretches

Sit upright in a chair. Pull your shoulders slowly in front of you and clasp your hands together. Then reach your arms behind your back stretching out your chest. **Hold each position for 10 seconds. Repeat 5 times.**



Exercises for Pregnancy

Lower Back Rotation

Lie on your back propped up to approx 30° tilt and your knees bent. Keeping your knees together, bring them towards the right as far as is comfortable. Hold the position for 10 seconds then move them together to the left. Take care to keep your shoulders and elbows in contact with the floor throughout. **Repeat: 10 times**



Front of Hip Stretch

Standing at the side of a chair, hold on to the back of the chair for support and place your right knee on the chair. Contract your right buttock muscles and feel a stretch at the front of the right hip. Take care not to lean back and/or arch your lower back. **Hold the stretch for 30 seconds. Repeat on the other leg.**

