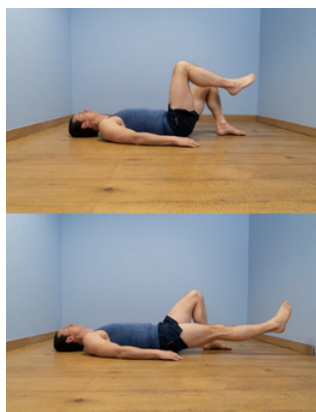


Pelvic Girdle Pain Advanced Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



1. Leg lower

- Lie on your back on the floor or bed with your knees bent at 90 degrees, your feet on the floor and your arms down by your side.
- Lift one knee until it points to the ceiling.
- Without touching the floor, extend the knee until it is as straight as possible.
- Bring the leg back until the knees are side by side, place the foot on the floor.
- Repeat on the opposite side.
- Make sure that as you reach out that you have no more than a moderate (3/10 pain).
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



2. Bridge with leg straighten

- Lie on your back on the floor or bed with your knees bent at 90 degrees, your feet on the floor and your arms down by your side.
- Lift your hips off the floor. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- From here, lift one leg and straighten the knee fully, then return to the start position.
- Repeat on the opposite side.
- Try and keep the pelvis still throughout the movement.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Split squat

- Place one foot forward and the other back to form a comfortable stride with the feet hip-width apart – you can gently hold on to something for balance.
- Keep the chest up and core engaged whilst simultaneously bending both knees so that the hips lower directly downwards - emphasis should be placed on pushing up through the front foot and keeping the knee in line with the hip and ankle.
- With the trailing knee just off the floor, hold this position for a count of 3 seconds before pushing down through the feet to straighten the knees and return to the starting position.
- To progress, hold a small amount of weight in the opposite hand to the leading leg and gradually increase this as strength develops.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.