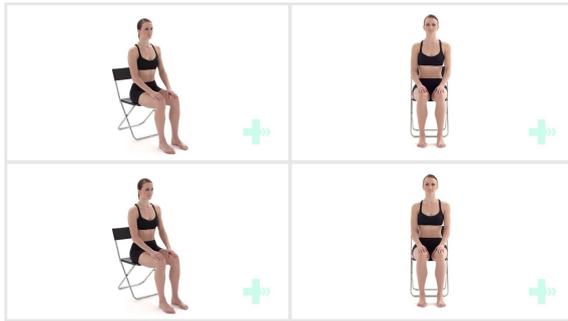


Pure Physiotherapy
963 Penistone Road
Hillsborough
Sheffield, S6 2DH

Complete 3x per week (Mon,Wed,Fri)
always give a days rest between exercises

Next appt 9.20 28/05/2020

3 Sets / 10 Reps / 5 s hold



1. Pelvic floor in sitting: Strength, power and endurance

Sit up straight in a chair with your weight through your seat bones, your shoulders relaxed back and down, and your hands resting gently in your lap. Focus on steady breathing throughout this sequence of exercises.

To activate your pelvic floor, imagine you are trying to stop yourself from passing wind, or passing urine.

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.

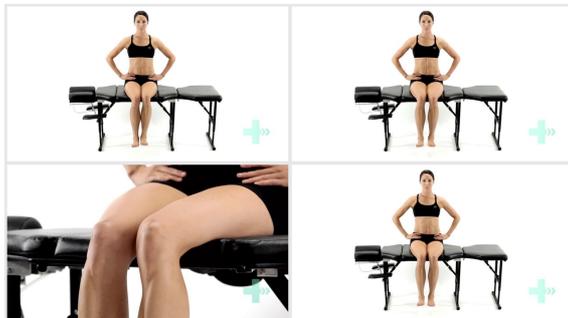
For power, perform 10 quick squeezes.

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.

Hold this position for 20 seconds or more.

Aiming initially at Strength so 10 reps 5 seconds hold

3 Sets / 8 Reps



2. Psoas activation seated

Start in a seated position with feet dangling and place hands on hips.

Activate the Psoas muscle but lifting your knee and thigh slightly off the table, taking caution not to shift your weight into the opposite hip.

This is a very subtle movement.

Do not use your hands to help lift the leg off the table.

sitting without FEET DANGLING

Keep back straight and lift knee up as far as you feel you can. Hold for 5 seconds and lower, do 8 on 1 side and then 8 on the other

3 Sets / 8 Reps / 5 s hold



3. Bridge on floor

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

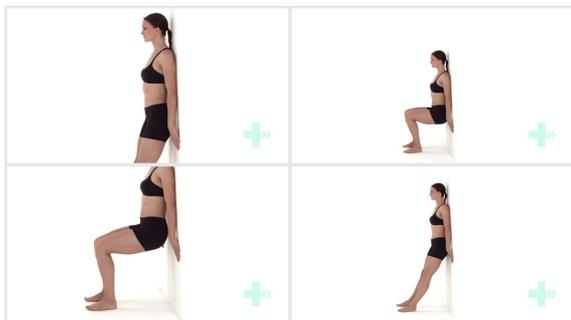
Maintain a hips width distance between your knees and feet.

Tighten your buttock muscles and lift your hips towards the ceiling until you have a straight line from your shoulders to your knees.

Hold this position.

Control the movement as you lower back down to the floor and repeat.

OPTIONAL exercise if you have time and space to do or can be done at home Complete up to 8 reps holding once lifted for 5 seconds

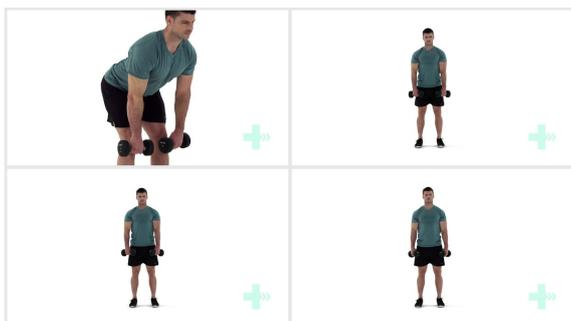


4. Wall squats

Lean against a wall, with your feet away from the wall and shoulder width apart. Your back and buttocks should remain in contact with the wall throughout. Slide down the wall, aiming to reach horizontal with your thighs. Your knees should be at 90 degrees at this point.

Push yourself back up the wall, driving the movement with your buttock muscles.

have feet far enough away from wall so that when you squat your knee doesnt come over your mid-foot



5. Stiff leg deadlift - with dumbbells

Stand with your knees slightly bent, holding a pair of dumbbells with an overhand grip.

Hinge forward at the waist, keeping your back straight and lower the dumbbells towards your shin.

Contract your gluteus and hamstrings and return to a standing position.

NO WEIGHTS

buttocks against the wall with slight knee bend then lower hands down thighs as far as you can, pull from the lower back to stand back up.