

Personal exercise program

Pelvic Floor and Core Rehabilitation Exercises

Frimley Health Foundation Trust



Legal Notice:

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your physiotherapist.

Contact Information:

If you have any questions regarding the information given please contact us at the relevant physiotherapy department below.

For translation of this leaflet or for accessing this information in another format please contact one of our physiotherapy departments.

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Gluteus Stretch. Avoid if you get pain at your pubic bone.

Sit up straight with your ankle on top of the other knee.

Bend your trunk forward and press the knee down until you feel a stretch in the hip muscles of the bent leg.

Note: Bend from your hips.

Hold for 30 seconds.

Daily 3 times

Especially your painful and tight side



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Pelvic tilt & Core strengthening exercises

Sit on a large ball and pelvic tilt x 10.

Pelvic tilt and find the halfway position where your back is quite flat and then;

- a) circle your shoulder
- b) backstroke arms
- c) twist your ribs
- d) bounce



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Pelvic Tilt and Control

Stand with your back against a wall, feet about one foot length away from the wall and knees bent.

Tilt your pelvis backwards and straighten your lower back against the wall. Straighten your knees and lift your arms overhead, while controlling the position of your lower back.

Note: At all times keep the back of your head and shoulders touching the wall.

You can also try picture 4 against the wall.

Repeat 5 - 10 times.

Daily 3 times



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Stretch for back pain

Standing.

Bend sideways at the waist. Reach your arm over your head to increase the stretch.

Repeat 3 times.

Daily 3 times



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Back stretch and strengthening core.

Crawling position.

Arch your spine upwards while letting your head relax between your arms and then do the opposite and let your head and tail bone raise and shoulder blades push together.

Repeat 10 times.

Stretch for Back pain Crawling position.



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Let your arms slide along the floor as far as possible. Tuck your bottom and head under and feel a stretch in your back and buttocks . Try relaxed Breathing while doing the exercise.

Progression- walk your hands to one side and hold for 30 seconds to increase the stretch and then repeat to the other side.

Repeat 1 - 3 times a day

Glutes strengthening



Modified Calm with Hips in 90 Degrees



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Start by lying on your side with your hips and knees bent to 90 degrees. Take support with your hand from the floor in front of you. Press your hand against the floor and lift your lower side slightly off the floor.

Keep your feet together and turn from your hip to lift the knee upwards. Keep your pelvis still. In a controlled manner. lower the knee back down. Feel the muscles in the side of your buttocks working.

Repeat 10 times.

Glutes strengthening



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Stand tall with your feet approximately hip-width apart and weight distributed evenly on both feet. Make sure the chair behind you is at a suitable distance from you.

Bend your knees and hips and squat down onto the chair. Knees and toes should be pointing in the same direction. Sit down lightly and push back up to the starting position using your front thighs and buttock muscles.

Repeat 10 times.
