



PELVIS STRENGTHENING EXERCISES

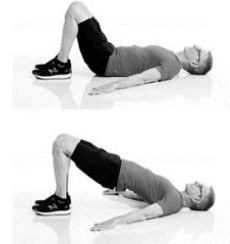
Intermediate/Advanced

Bridges (can do lying in bed or on the floor):

Lie on back with knees bent hip distance apart, and feet flat on floor/bed stacked under the knees, close to your hips.

Take a deep breath, then as you exhale, tilt your pelvis forward, draw your abs in and squeeze your buttocks as you lift your hips up to a bridge....**hold for 3-5 seconds.**

Return to the floor. **Repeat this sequence for 2 sets of 8-10 repetitions every day.**



Modified Plank or Regular Forearm Plank:

Place forearms on the floor or chair shoulder width apart and keeping your shoulders over your elbows. Clasp your hands together in front of you and pull your shoulders in and down away from your neck. Draw your belly button in towards your spine, squeeze/clench your buttocks tightly as you lift your hips up. If using chair or doing a full plank, make sure your feet are shoulder width apart or a little wider.

Start with three to five planks of 10-15 seconds. Over time, you can extend the duration to 30 seconds if you prefer, but **keeping the tension high is more important than lasting longer.**



If using a chair, make sure chair is not going to slide!

Bird-Dog (Back/Core Strengthening) Exercise:

Starting in a standing or hands & knees position, make sure your back and head are in a straight line/position (do not drop your head). Hands should be under the shoulders, hips directly above the knees. Gently draw in abdominal muscles (belly button towards your spine).

Raise one arm to shoulder level(or may hold on to top of chair) as opposite leg lifts off floor, extending to hip height. **Hold for 2-5 seconds.** Return to start position and alternate sides. Maintain a straight spine position, not allowing hips to twist or rotate. Keep belly button pulled towards backbone. **Alternate sides for a count of 5-10 on each side.**



Reverse Lunge - Side Lunge – Forward Lunge:

If needed for balance initially, hold on to a chair or countertop for each of the following lunge exercises.

REVERSE LUNGE: Stand with your feet shoulder-width apart and your core engaged (belly button pulled in towards spine). Take a deep breath and step backward onto the ball of your back foot, bending both knees. As you exhale, push through the heel and toes of the front foot, and step forward to your starting position.



SIDE LUNGE: Then take a large step out to the side with the same foot, bending at the knee, keeping the opposite leg straight. Push your hips and butt back behind you as your knee bends as if you were sitting in a chair. Pushing through your heel and toes of bent leg, drive up as you engage your glutes to push out of the side lunge and return to starting position.

FORWARD LUNGE: Lastly take a wide step forward, leading with your heel, pushing through the heel and toes of your front foot. Lift the heel of the back foot and bend the back knee towards the floor, keeping your chin up, chest lifted, and core engaged. Your front knee is behind your toes and your knees, hips, and shoulders face forward.



Doing one reverse, one side, and one front lunge is considered ONE REPETITION. **Repeat this sequence for at least 5 times and then switch sides or you may alternate sides each repetition but you should do a total of 5 repetitions per side. Repeat this exercise twice a day.**