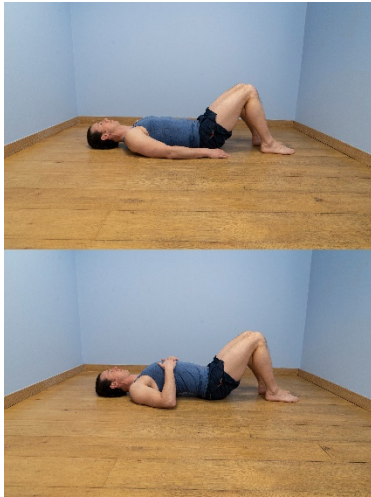


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

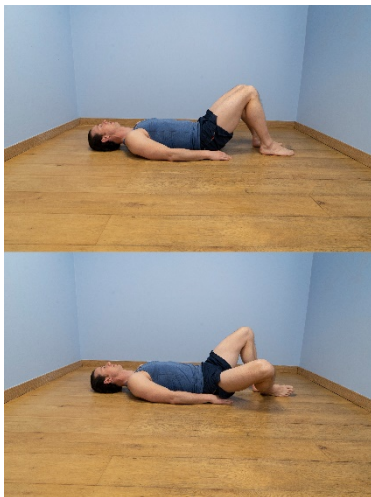
Pain should not exceed 3/10 whilst completing this exercise programme.



10 reps / 3 sets / 5 second hold

1. Pelvic floor

- Lying on your back with your knees slightly bent Let your tummy relax.
- Gently draw in the lower part of your tummy do not hold your breath, try to lift the pelvic floor at the same time.
- This combined action will aid with reducing inter abdominal pressure.
- Hold for 5 seconds, then relax repeat.



15 reps / 2-3 sets / 1 minute rest

2. Bent knee fall out

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Drop one knee out slowly towards the floor (approximately halfway).
- Whilst performing this movement try not to let the hips/pelvis follow the movement of the leg i.e., keep the hips/pelvis still.
- Slowly return the leg to the start position and repeat on the other leg.



10 reps / 3 sets / 5 second hold

3. Standing pelvic floor

- This exercise can be used throughout the day.
- Standing with your feet shoulder width apart, find your balance.
- Draw in your lower abdominals, as per exercise one. Breath freely.
- Hold for 5 secs and then relax.
- Try and engaged the lower abdominals whilst performing activities.

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.