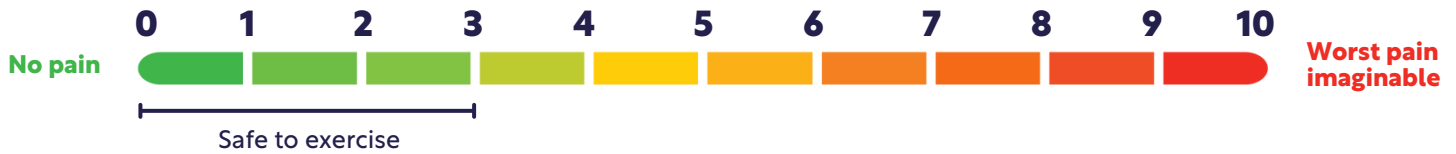


Pelvic Girdle Pain Intermediate Programme

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. Child's pose stretch

- Start in a kneeling position.
- From here, reach your hands out as far in front of you as possible on the floor with one hand on top of the other.
- Now sit slowly backwards onto your heels until you feel a stretch in your back.
- Note: If you cannot kneel then this exercise can also be done in standing with your hands in front of you on the kitchen table or worktop.
- Hold for 20 seconds relaxing into the position.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



2. 4 point kneeling leg lift

- Start on your hands and knees.
- Make sure that your back is straight and that your hands are under your shoulders and knees under hips.
- From this position, lift one leg straight out behind you until level with the line of your spine (do not lift too high).
- Return back to the start position and repeat on the other leg.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Sit to stand

- Sit in a stable chair that is at a convenient height for you to rise from.
- Shuffle forward in the chair so that your feet are directly under your knees.
- In a controlled manner, initiate a standing motion by shifting your weight forward and pushing down through your feet.
- As you rise, transition to standing upright by pushing your hips forward.
- Then, slowly lower yourself back down towards the chair by pushing your hips backwards and controlling the movement using your thigh muscles.
- Gently touch your buttocks on the chair before repeating.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**