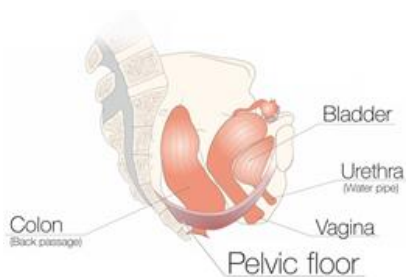


Exercise Program for Pelvic Pain in Pregnancy



Pelvic floor muscle

The pelvic floor muscle is like a hammock made of muscle and connective tissue (ligaments). The muscle is attached from the pubic bone at the front to the coccyx at the back. The pelvic floor muscle is the muscle you would use if you are trying to stop yourself from passing urine or wind. You can exercise the pelvic floor muscles in any position but sitting is a good position to start in. Sit upright on a firm chair with

your weight evenly on the sitting bones in your bottom cheeks. It is important to work all parts of the pelvic floor muscles and to do this you need to practise both short and long contractions.

Try to 'squeeze and lift' the pelvic floor muscles, start gently and rhythmically, you may not feel that much is happening at first but keep trying.

Short Squeezes - Aim to get to 10 squeezes.

Try the action above, pulling the muscles up strongly and then letting go completely.

Long Squeezes – Aim to hold for 10 Seconds x 10 times.

Try the action above and hold whilst still breathing for as long as you can, which may only be a few seconds to begin with. Build this up gradually to a maximum of 10 seconds. You should be able to control the letting go of these muscles.



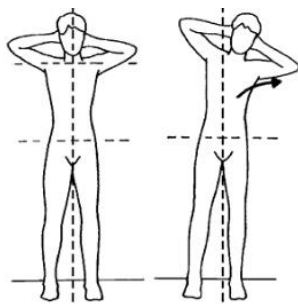
Lower Tummy Muscle (Transverse abdomens)

This exercise can be done in sitting, standing or lying on your side.

Breathe in gently, as you breathe out, gently pull in the lower part of the stomach, drawing your 'bump' in towards your spine.

Don't move your back.

Aim to hold for 5 breath cycles. **Repeat _____ times.**

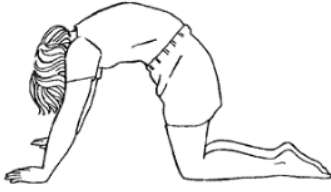


Back muscle stretch/Quadratus lumborum stretch

Standing with the feet shoulder width apart and approximately 10-15cms from the wall, flatten the back onto the wall. (Hands resting on head).

Keeping the back flat on the wall side bend until you can feel a stretching sensation, hold for 10 seconds then return to upright position, repeat on the other side. **Repeat _____ times on each side.**

N.B Do not allow the pelvis or shoulders to twist, the low back to arch off the wall or the upper back to bend forward off the wall.

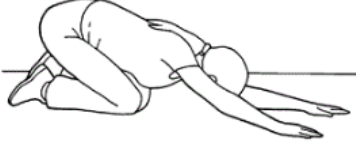


Cat Arch

Start on your hands and knees, with your knees directly below your hips, hands directly under the shoulders, head and spine in a natural posture.

Tuck your chin into your chest, drawing your tummy in towards the spine as you gently round your lower back.

Hold for 5 seconds. **Repeat _____ times.**



Back Stretch

On all fours engage your lower tummy muscles and round your lower back like the Cat Arch, part your legs a little if necessary to allow space for your bump.

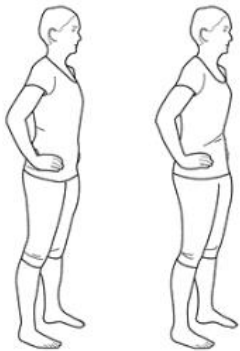
Lower your bottom towards your ankles until you feel a nice stretch in your lower back. Hold for 10 seconds. **Repeat _____ times.**



Bottom Muscles

Standing tall with one foot in front of the other, gently lunge forward taking the weight onto the front leg squeezing the buttock muscles of the back leg as you do so.

Return to your standing position. **Repeat _____ times.**



Pelvic Tilt Standing

Stand, with your feet hip-width apart.

Keep your knees as straight as possible and, by tightening your buttocks and pulling your abdominals in, roll your pelvic backwards (round your lower back).

Return to starting position. **Repeat _____ times**

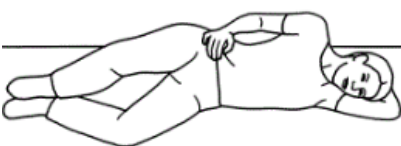


Pelvic Tilt Sitting

Sitting upright on a chair or gym ball, hips higher or at least level with your knees, feet flat on the floor. Flatten your low back by sliding your hips forward, allowing your pelvis to tilt backwards, tucking your tailbone underneath you. Keep your head up and chest you're your shoulders. **Repeat _____ times.**

Other Gym Ball Exercises

In addition to pelvic tilting on a gym ball you may like to do other gentle exercises such as: Rolling the ball from side to side/circling motions/Figures of 8



The Clam

Lie on your side with your knees bent, tighten your pelvic floor muscle and gently pull your lower stomach in.

Leaving the heels together slowly lift the top knee by turning the hip out without letting the back or pelvis twist.

Hold for _____ seconds, repeat _____ times on both sides.