

Pelvic stability exercises – front (anterior)

Women's Health Physiotherapy

Information for Patients

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These exercises are designed to strengthen the muscle at the front of your pelvis. Please speak to your physiotherapist before trying this exercise .

Sit upright on a chair or gym ball. Place one hand inside the opposite knee or thigh. Push across onto the opposite knee it is resting on; at the same time push your knee upwards & across into the opposite hand. Hold this for 5 seconds, then relax. You should feel the muscles in your tummy and inner thigh working.

Swap hands to work on opposite knee and repeat exercise.

Stop if you feel pain.

Repeattimestimes daily.

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Sit upright on a chair or gym ball. Hold a length of theraband, keeping one hand down by your side, whilst the other pulls the band up & diagonally across your body, keeping your elbow straight.

You should feel the muscles in your tummy working.

Stop if you feel pain.

Repeattimestimes daily.



Sit upright on a chair or gym ball. Squeeze a rolled up towel between your knees. Hold a length of theraband, keeping one hand down by your side, whilst the other pulls the band up & diagonally across your body, keeping your elbow straight.

You should feel the muscles in your tummy working.

Stop if you feel pain

Repeat times times daily.

Department of: Womens Health Physiotherapy

Contact details: 0116 258 4073 or 0116 258 5816

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or call 111 for non-emergency medical advice**

Leicester's Hospitals is a research active trust so you may find research is happening on your ward or in your clinic.

To find out more about the benefits of research and become involved yourself, speak to your clinician or nurse, call 0116 258 8351 or visit www.leicestersresearch.nhs.uk/patient-and-public-involvement