

Pelvic stability exercises - back (posterior)

Women's Health Physiotherapy

Information for Patients

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Please speak to your physiotherapist before starting these exercises.



Sit on an upright chair (one with arms). Place your hands onto the armrests. Clench your bottom muscles, and pull in your tummy muscles, lean forward, and push up through both legs equally, as you stand up.

Then, bend your knees, pull in your tummy muscles, lean forwards slightly as you slowly lower your bottom back down to the chair.

Make sure you do not twist your body, or reach backwards with your arms as you stand up or sit down.

You may feel an ache in your thigh muscles, but you should not feel pain in your back or pelvis.

Repeat times.

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Stand in front of a piece of furniture that is shoulder-height, or a gym ball. Keep your back upright. Pull in your tummy muscles slightly.

Push your right arm down and inwards as you rise onto your left toes, squeezing your bottom muscles. Hold for 3 seconds. Repeat with your left arm and right toes.

Continue to alternate left and right as above.

Alternatively, keep both feet parallel. Bend your knees slightly, pull in your tummy muscles. Push down gently into the ball with both arms, keeping elbows straight. Hold for 3 seconds.

You should not feel any pain in your back or pelvis.

Repeat times.

Contact details

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