

Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

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Training start date 23/01/2025

Lie face down. Tighten your pelvic floor muscles and gently pull your lower stomach in.



Keeping your hips down, lift right leg slightly off the floor.

Hold 10 seconds.

Repeat 8 times. Build up to 3 sets.

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Lying face down.



Bend your knee to a right angle and move the leg out to the side 30 degrees to create space between your thighs and lift your foot towards the ceiling.

Repeat 8 times.

Hold up for 10 seconds. Build up to 3 sets.

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Lying on your back with knees bent.



Squeeze your buttocks together and lift your bottom off the floor. Return to starting position.

Repeat 8 times. Build up to 3 sets.

Hold 10 seconds.

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Lying on your back with knees bent.

Progress when the previous exercise feels easy.

Lift your hips up and keep them straight while shifting the weight over to one leg. Then straighten the left leg - put it back down and repeat with the other leg.

Repeat 8 times. Build up to 3 sets.

Hold 10 seconds.



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Hip Flexor Stretch

Half kneeling.

Tighten your buttock and tilt your pelvis backwards so that your hip fully straightens. Keep the hip straight and shift your weight to your front leg so that you can feel a stretch in your hip flexors.

Hold for 20 seconds. 3 times. Little and often throughout the day where practical.



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Lying face down.

Bend your knee and hold on to your ankle. Pull your heel towards your shoulder blades. Feel the stretch on the front of your thighs. Hold approx. 20 secs. - relax.

Repeat 3 times. Little and often throughout the day as practical.



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Slightly higher level bridge, again progress when bridge and single leg bridge feel easy.

Lie on your back with your feet on a ball. Tighten your pelvic floor muscles and gently pull your lower stomach in.

Lift your pelvis and lower back off the floor.

Hold 10 seconds.

Repeat 8 times. Build up to 3 sets.



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Mini-squat with Hip External Rotation. IF you are able to get hold of resistance banding in the gym, please try this.

Stand tall with your feet approximately hip-width apart and weight distributed evenly between your feet. The loop of an exercise band is placed around your legs under your knees and the slack is taken off.

Bend your knees and hips as if you were sitting down. At the same time rotate your knees outwards against the resistance. The knees and toes should point in the same direction.

Push back up to the starting position using your front thighs and buttock muscles.

Repeat 8 times. Build up to 3 sets.
