

Brainfit Exercise Physiology  
 Nowra Allied Health Centre  
 66 Plunkett Street  
 Nowra, NSW, 2540

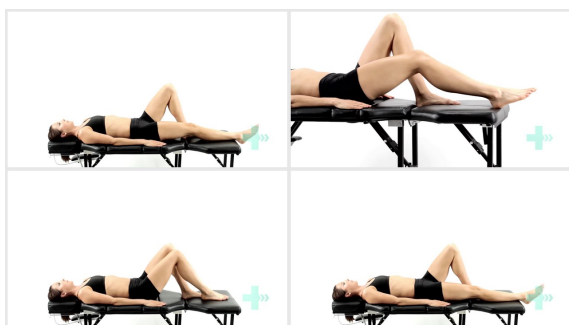
3 Sets / 5 Reps



**1. Knee drop-out [06020]**

Lie on your back with your knees bent and your feet flat on the floor. Keep your legs hips width apart and tighten the core stability muscles but lifting your pelvic floor and drawing your abdominal muscles into your spine. Imagine you are trying to pull the two bones at the front of your pelvis together. Holding this tension, drop one knee out to the side. Do not allow the other knee to move, or your hips to rotate with the movement. Control this position as you bring the knee back up to the starting position.

3 Sets / 5 Reps



**2. Heel slides**

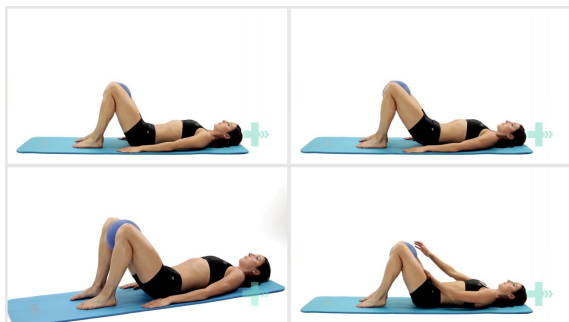
Lie on your back with your legs straight. Bend the symptomatic leg as far as you can, sliding your heel towards your buttocks, keeping the knee pointing to the ceiling throughout this movement. Slide the heel back down, reversing the movement until your leg is straight again.

3 Sets / 5 Reps / 1 s hold



**3. Pelvic tilt and lift**

Lie on your back with your legs bent and place a small towel between your knees. Keep your feet hip width apart. Take a deep breath in, allowing your tummy to inflate. Breathe out, gather your tummy and your pelvic floor. Repeat, breathing in, relaxing your tummy. As you breathe out, gather your tummy, your pelvic floor and add the pelvic tilt by pushing your heels down, tilting your pelvis upwards so it just off the mat to a height of 1 to 2 inches. Breathe in and lower your pelvis back down, making sure you roll down one vertebra at a time, relax your pelvis. Repeat this movement. Remove the towel, bring your legs down, one by one, starting with the right, and the left and return to the starting position.



#### 4. Bridge with ball squeeze

Lie on your back with your knees bent and your feet flat on the floor.

Take a ball and squeeze it between your knees.

Maintaining this squeeze throughout the entire exercise, lift your hips up keeping them level. Continue to squeeze as you lower back to the start position.

1 Set / 5 Reps



#### 5. Pilates single leg lift

Lie on your back in a neutral spine position.

Bend your legs, keeping your knees and feet parallel and at hip width apart with your arms by your sides.

EXHALE: lift your leg off the mat with the bent knee at a 90 degree angle and your foot Plantar flexed (pointed).

INHALE: lower your leg down and tap the floor with your toe.

Perform the desired number of the repetitions and change legs.

Keep the pelvis stable as you raise and lower your leg, hinging at the hip joint.

Maintain your leg bent at a constant angle of 90 degrees.