

# Patty's PT Tips

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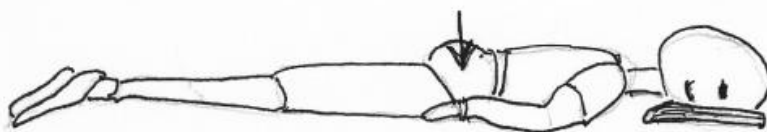
Pelvic Girdle Strengthening Exercises

March 16, 2022

1. Lying on the Abdomen Isometric

At first, getting used to lying on your belly may be difficult. Use pillow props or towel rolls to make yourself comfortable. Use a towel roll under your forehead or hands under the forehead palms down. You may need one or two pillows under the lower abdomen to get your low back comfortable. You can use a towel roll under the ankles to get the hamstrings to relax. Try to maintain this position for 2 or 3 minutes and work on deep breathing and relaxation.

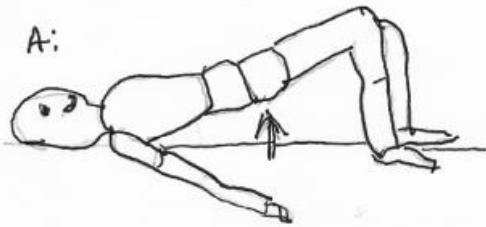
2. Pelvic Press-Same position as exercise #1 but place your hands under the prominent "hip" bones of the pelvis on belly side. Press your belly into your hands and into the floor. Increase the weight on your hands without triggering pain in the low back. You should feel some muscle contraction of the buttocks and low back muscles. Lift the pelvic floor muscles at the same time. This will work on the coordination of all the muscles of the pelvic girdle in a novel position. You won't be fighting gravity. This is not a pelvic tilt movement if you have learned that in the past. You may feel your lower legs gently raise. Hold 3 to 5 counts then relax for 3 counts. Back off if you start to feel muscle cramping.



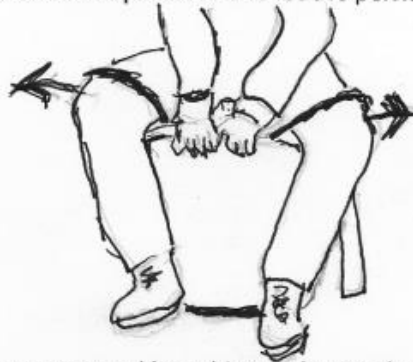
3. Bridging (String of Pearls)-3 Variations

On back, arms alongside body, palms down, elbows straight, knees bent, feet flat on floor, feet and knees hip distance apart.

- Press down on feet, squeeze buttocks, press on arms, gradually lift tailbone, buttocks, lower, mid and upper back. Lift only as high as you can without cramping or pain. Hold 3 to 5 counts and slowly lower and relax for 3 counts. Repeat 5 times.
- With arms stretched out over your head and resting on or near the floor, repeat "a.", hold 3 to 5 counts, rest for 3 counts. Repeat 5 times. It's ok to support the weight of your arms with pillows if they can't lay flat over your head.
- Foam roller or beach towel roll (firmer the better) under both knees; raise buttocks, tailbone, then lower, mid and upper back off the floor. It may be a while before you are completely successful at this. Avoid any neck pain. Hold chin tucked. Hold 3 to 5 counts. Rest for 3 counts. Repeat 5 times.



4. Hip Rotator Strengthening- This may be done while lying on back with both knees bent and feet flat on floor/bed or in sitting. Tie a Theraband around lower 1/3 of thighs and put a squeeze play ball between knees. Alternate pressing knees apart against band for 3 to 5 counts then squeeze ball between knees for 3 to 5 counts rest for 3 counts. Repeat for 5 cycles. Keep the belly button in and pelvic floor lifted when exerting yourself and breathe out with the effort. Inhale between repetitions and let the pelvic floor relax.



When you have completed all these do some segmental breathing and quiet the nervous system to promote recovery. You can follow this with gentle assisted knee to chest stretching and then a "frog leg" position of stretching for the inner thighs/groin. Keep belly button held in and the back semi flat to give an anchor spot from which the hip muscles can stretch.