



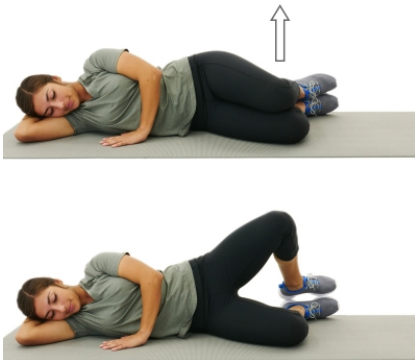
Donkey Kicks

Lean over table or counter. Keep active knee held at 90 degrees. Flex hip forward until almost touching table and then extend hip back as far as you can go before your back begins to arch.

Repeat 10 Times

Complete 2 Sets

Perform 1 Times a Day



SIDE LYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times

Complete 2 Sets

Hold 1 Second

Perform 1 Times a Day



PREGNANCY PELVIC TILTS ON BALL

Sit on ball with both feet planted on the ground

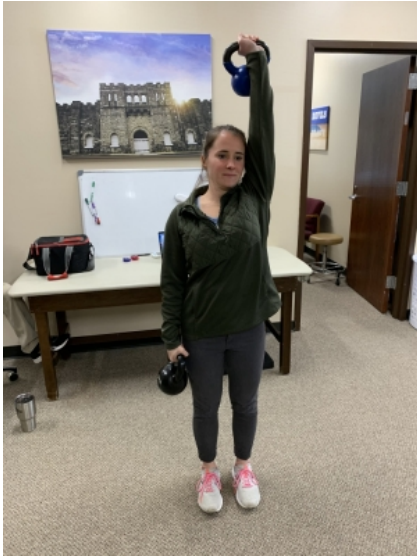
As you take a breath in, slowly arch your low back

As you exhale through your mouth, draw your belly button toward your spine and roll/tuck your hips underneath you to flatten your back.

Repeat 10 Times

Complete 2 Sets

Perform 1 Times a Day



Overhead/Suitcase Kettlebell Carries

- Hold kettlebell above head keeping arm straight
- Hold kettlebell of equal or heavier weight in opposite arm down at side
- Keeping core tight to maintain position, walk down hallway
- Repeat switching kettlebells so other arm is overhead

Complete 3 Sets

Perform 1 Times a Day



Cat Cow

Position yourself on your hands and knees with your hands placed under your shoulders and your knees directly under your hips. Slowly round your back up towards the ceiling and then arch your back down by pulling your abdomen towards the floor.

Repeat 6 Times

Hold 2 Seconds

Complete 1 Set

Perform 1 Times a Day



Frog Pose - Adductor/Pelvic Floor Stretch

While on your hands and knees, widen your knees out as far as you comfortably can.

Then rock your hips back so that your butt is towards your heels. Then, you can either stay leaning on your hands or you progress to resting down on your forearms.

In this position, you should feel a stretch on the inside of your thighs into the groin and perineum.

This is also a great position to practice relaxing and lengthening the pelvic floor by taking 10 deep inhalations, remembering to lengthen the pelvic floor out on the inhale.

Repeat 3 Times

Hold 20 Seconds

Complete 1 Set

Perform 2 Times a Day



Piriformis Stretch with Pelvic Floor Relaxation

Using a stability ball, roll downward. Then, lift your leg over the opposite knee into a figure 4 position (shown); you may feel a stretch in your buttocks. Sink a little deeper but do not allow your buttocks to touch the floor. Inhale, fill the belly up with air and relax the pelvic floor, then exhale and let all the air out. Perform 10 breath cycles on one side, then switch legs and perform 10 on the other.

Repeat 10 Times
Complete 1 Set

Hold 10 Seconds
Perform 1 Times a Day