




## INTERVENTION


### Week 1 – Abdominal Control

Exercise	Technique
<b>Lower Abdominals contraction</b>  Perform 2 sets × 10. Hold each repetition for 10 seconds	Breathe in - to prepare Breathe out - while initiating lower abdominal (LAbd.) contraction
	

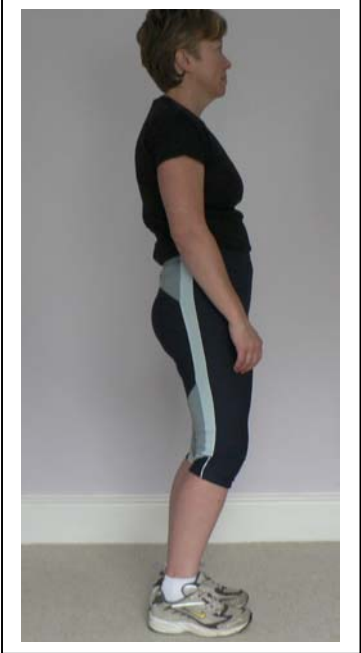


Exercise	Technique
<b>100's (leg lift)</b>  Perform 2 sets × 10 on each leg.	Find neutral spine Breathe in - to prepare Breathe out - while initiating LAbd contraction and lift knee over the hip Breathe in - and maintain the position Breathe out - AND return back to starting position
	

### Week 1 - Gluteal Muscles

Exercise	Technique
<b>Bridge</b>  Perform 2 sets × 10	Find neutral spine Activate LAbd Tighten your buttock muscles Lift your pelvis off the ground
	

Exercise	Technique
<b>Arrow</b>  Perform 2 sets × 10 hold each repetition 10 seconds	Find neutral spine Activate LAbd Tighten your buttock muscles Lift shoulders and arms off the ground Lift head off the ground
	

### Week 1 – Standing drills


Exercise	Technique	
<u>Dynamic Standing – Running Arms</u>  Perform 2 sets × 1 min	Breathe in - grow tall Breathe out - maintain height and relax your rib cage down Bring your weight over your heels Take your whole body over the middle of your feet Keep looking ahead Move your arms as in running	
		


Relaxed stance



Dynamic  
standing  
posture

Running arms  
while  
maintaining  
correct posture



### Week 1 – Leg and Trunk Strengthening

Exercise	Technique
<b>Scissors (Hip Flexors and Abdominals)</b>  Perform 3 sets of 10-15 repetitions on each leg  Have 2 minutes rest in between the sets  <u>Avoid moving the legs too far out if you are unable to maintain your back still.</u>	Find neutral spine Activate LABd Lift one leg Flatten your spine against the floor and contract all your abdominals Lift the other leg off the ground Breathe in – to prepare Breathe out – straighten one of your legs Breathe in – return to starting position Breathe out – straighten other leg ie. move legs in a scissor action while your your back stays still.
	

Exercise	Technique
<b>Clams (Gluteal muscles)</b>  Perform 3 sets of 10-15 repetitions on each leg <u>Do not twist or side bend your spine while lifting your leg.</u>	Find spine neutral Contract LABd Lift your knee up, while maintaining ankles together
	

Exercise	Technique
<p style="text-align: center;"><u>Lunge</u></p> <p>Perform 3 sets of 10-15 repetitions on each leg</p> <p><u>Do not lean forwards or back while performing the lunge</u></p> <p><u>Your weight should be distributed evenly on both feet</u></p>	<p>Find dynamic standing posture</p> <p>Lunge forwards with one leg while maintaing your back straight</p> <p>Return back to starting position</p> <p>(arms can be by the side of the body or as in picture)</p>
	

## Week 2 – Abdominal Control

Exercise	Technique
<b>One leg stretch</b>  Perform 2 sets × 15 on each leg.	Find neutral spine Breathe in - to prepare Breathe out - initiate LAbd contraction and lift knee over the hip Breathe in - and maintain the position Breathe out - and straighten leg out while maintaining back in neutral Breathe in – bring leg back over hip again  <i>Progress:</i> Extend leg further in second set
	

## Week 2 - Gluteal Muscles


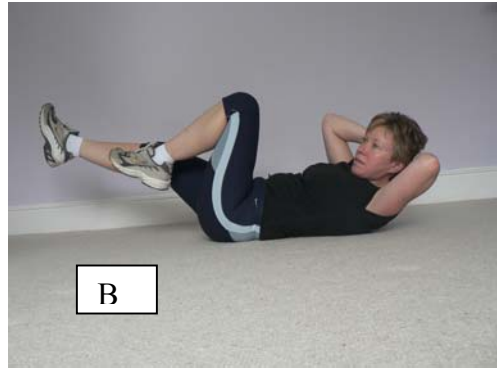
Exercise	Technique
<b>Shoulder Bridge +/- leg lift</b>  Perform 2 sets × 10/ each leg 10 sec holds  Use small ball	Place a ball between your knees Find neutral spine Activate LAbd Tighten your buttock muscles Breathe in – to prepare Breathe out - Lift your pelvis and back off the ground  <i>Progress:</i> Breathe in – to prepare Breathe out – lift one leg and hold while breathing




Exercise	Technique
<b>Arrow</b>  Perform 2 sets × hold position for 10-20 seconds while pulsing your legs  Do not move your trunk from side to side	Find a neutral spine Activate LAbd Tighten your buttock muscles Lift shoulders off the ground Lift head off the ground Pulse your legs (swimming style) slowly



## Week 2 – Leg and Trunk Strengthening

Exercise	Technique
<b>Scissors and crunch</b>  Perform 2 sets of 10-15 repetitions on each leg  Have 2 minutes rest in between the sets  <u>Avoid moving the legs too far out if you are unable to maintain your back still.</u>	Breathe in – to prepare, Breathe out – contract LABs Lift your head, supported by your hands Lift one leg and then the other leg (as in picture A but hands behind head) Breathe in-out, straighten right leg out while rotating trunk to the left knee Breathe in – bend your right leg and bring right shoulder down Breathe out – repeat to the same side
 <div style="position: absolute; bottom: 10px; right: 10px; border: 1px solid black; padding: 2px;">A</div>	 <div style="position: absolute; bottom: 10px; left: 10px; border: 1px solid black; padding: 2px;">B</div>

Exercise	Technique
<b>Gluteal muscles level 2</b>  Perform 3 sets of 10-15 repetitions on each leg  <u>Do not twist or side bend your spine while lifting your leg.</u>	Find spine neutral Keep spine and head straight Contract LABd Breathe out - Lift the uppermost leg up Breathe in return to neutral position
	

## Week 2 – Standing drills

Exercise	Technique
<b>Dynamic Standing – Running Arms with added weights</b>  Perform 2 sets × 1 min	Find the position as in week one Add weight in your hands  Do not grip the floor with your feet, use abdominals.




Exercise	Technique
<b>Lunge and pulse</b>  Perform 3 sets of 10-15 repetitions on each leg  <u>Do not lean forwards or back while performing the lunge</u> <u>Your weight should be distributed evenly on both feet</u>	Find dynamic standing posture Lunge forwards with one leg while maintaining your back straight Maintain the lunge position and pulse up and down 10-15 times before returning back to starting position Arms by the side of the body or as in picture





### Week 3

#### Abdominal Control



Exercise	Technique
<b>One leg stretch</b>  Perform 2 sets × 15 on each leg.	Find neutral spine and contract lower abs. Lift one and other leg off the floor Lift your head and arms off the floor as in picture Breathe out – stretch one leg out Breathe in - return to starting position  Repeat with alternative leg stretch
	

#### **Gluteal Muscles (week 3)**

Exercise	Technique
<b>Shoulder Bridge and one leg lift</b>  Perform 2 sets × 15 on each leg  Use small ball	Place a ball between your knees  Find neutral spine and contract L abs. Hands across your chest (or by your side) Lift your pelvis and back off the ground Breathe in – out and lift one leg off the floor Breathe in – lower pelvis down Breathe out – lift pelvis up
	

Exercise	Technique
<b>Arrow and swim</b>  Perform 10 × 20 second holds while pulsing your arms and legs  <u>Don not move your trunk from side to side</u> <u>Use pillow under stomach if your back is uncomfortable</u>	Find a neutral spine contract lower abs and buttock muscles Lift shoulders off the ground, bring arms above head and lift head off the ground (or as in picture) Pulse your legs and arms (swimming style) slowly
	

### Leg and Trunk Strengthening (week 3)

Exercise	Technique
<b>Scissors and crunch</b>  Perform 3 sets of 10-15 repetitions on each leg  Have 2 minutes rest in between the sets <u>Avoid moving the legs too far out if you are unable to maintain your back still.</u>	Breathe in – to prepare, Breathe out – contract LABs Lift your head, supported by your hands Lift one leg and then the other leg (as in picture A but hands behind head) Breathe in-out, straighten right leg out while rotating trunk to the left knee Breathe in – bend your right leg and bring right shoulder down Repeat again in opposite direction
	

Exercise	Technique
<p><b>Gluteal muscles level 3</b></p> <p>Perform 3 sets of 10-15 repetitions on each leg</p> <p><u>Do not twist or side bend your spine while lifting your leg.</u></p>	<p>Keep spine straight Find spine neutral contract LABs Lift the uppermost leg straight up to neutral position Lift the leg up further while pointing toes up and bring leg back to neutral while pointing pointing toes down</p>
