

# Personal exercise program



Poole Hospital NHS Foundation Trust  
Poole Hospital NHS Foundation Trust  
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Provided by Tom Andrews

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Lie on your back with knees bent.



Draw in your lower abdominal and pelvic floor muscles. Tilt the pelvis backwards and forwards so that your lower back flattens into the floor and then arches back.

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Bridge

Lie on your back with legs bent.

Squeeze your buttock muscles and roll your pelvis off the floor. In a controlled manner, return to the starting position.

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Lying on your back with knees together and bent.

Slowly roll your knees from side to side keeping your upper trunk still.

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Lying with your knees bent and your feet on the floor.

Lift one knee towards your chest. Place your hands behind the knee and draw it into your chest.

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On your hands and knees, hands under your shoulders and knees under your hips.

Round and arch your back by tilting your pelvis backwards and forwards.



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Lying face down, leaning on your elbows/forearms.

Arch the small of your back by pressing your pelvis and stomach to the floor. Now bend your upper back upwards, keeping forearms on the floor.