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1. Pelvic floor activation, sitting - strength, power and endurance; 02

1 Set / 10 Reps / 20 s hold



Sit up straight in a chair with your weight through your seat bones, your shoulders relaxed back and down, and your hands resting gently in your lap.

Focus on steady breathing throughout this sequence of exercises.

To activate your pelvic floor, imaging you are trying to stop yourself from passing wind, or passing urine.

You should feel a lift within your pelvis.

You might also feel a gentle tightening of the muscles low down in your abdomen.

For strength, hold this position for 5 seconds, then relax.

For power, perform 10 quick squeezes.

For endurance, tighten your pelvic floor as much as you can, then ease off so you are working it around 50% of it's effort.

Hold this position for 20 seconds or more.

2. Pelvic floor activation, supine - strength, power and endurance; 01

1 Set / 10 Reps / 20 s hold



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

Keep your legs hips width apart and gently rest your hands beside you or on your tummy.

Focus on steady breathing throughout this sequence of exercises.

To activate your pelvic floor, imagine you are trying to stop yourself from passing wind, or passing urine.

You should feel a lift within your pelvis.

You might also feel a gentle tightening of the muscles low down in your abdomen.

For strength, hold this position for 5 seconds, then relax.

For power, perform 10 quick squeezes.

For endurance, tighten your pelvic floor as much as you can, then ease off so you are working it around 50% of it's effort.

Hold this position for 20 seconds or more.

3. Neutral spine setting, with core/pelvic floor activation, supine; 02

1 Set / 10 Reps / 20 s hold



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

Place your hands on the bones of your pelvis at the front.

Tilt your pelvis backwards and then forwards and then back to find the central place or “neutral spine” where any discomfort in your spine is at a minimum.

As you do this your tailbone will come off the floor slightly and then flatten back down onto the floor.

Slowly draw up your pelvic floor muscles and your lower stomach muscles in, towards your spine, as though you were doing up a zipper.

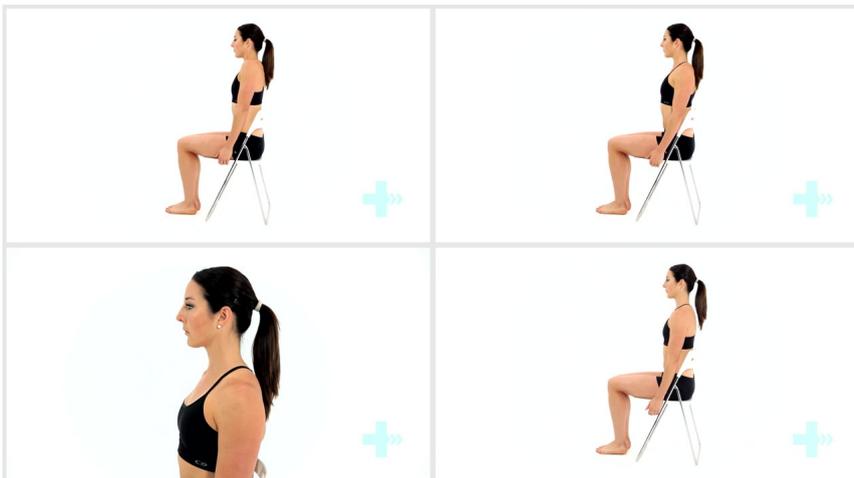
Repeat this process to get used to finding the spot that is most comfortable for you.

Gently hold this muscle contraction for the required duration.

Continue to breathe deeply throughout this exercises.

4. Shoulder circles AROM, sitting

1 Set / 10 Reps

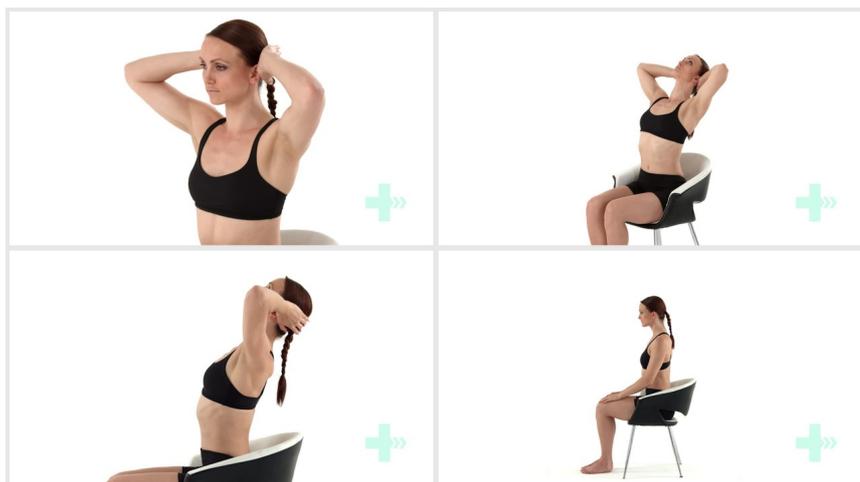


Roll your shoulders in a circle, pulling them forwards, up, back and down.

Imagine you are moving them around a clock face.

5. Thoracic extension stretch, over back of chair, hands behind head, sitting; 01

1 Set / 10 Reps / 10 s hold



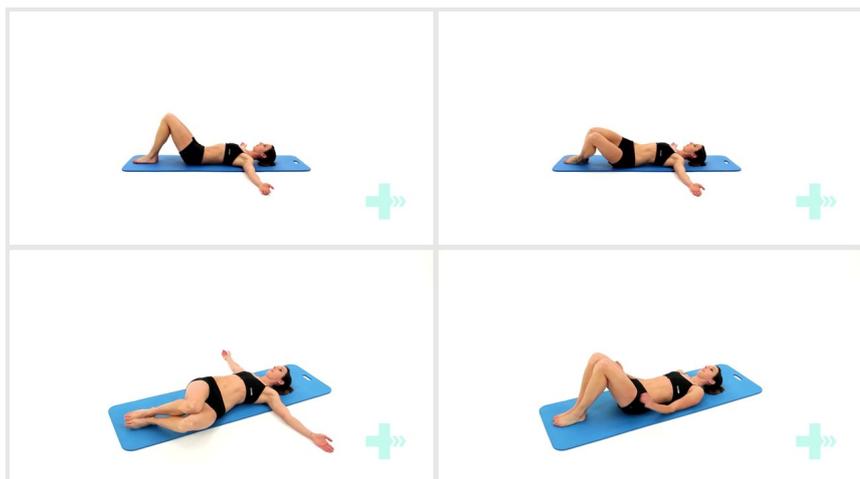
Sit up straight on a chair.

Place your hands behind your head and extend your upper back over the top of the chair.

Hold this position.

6. Lower trunk rotation AROM, to comfort, supine feet standing; 01

1 Set / 10 Reps / 10 s hold



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

Extend your arms out to the sides and keep your shoulders on the mat at all times.

Keeping your knees together, drop them down to one side, rotating your torso.

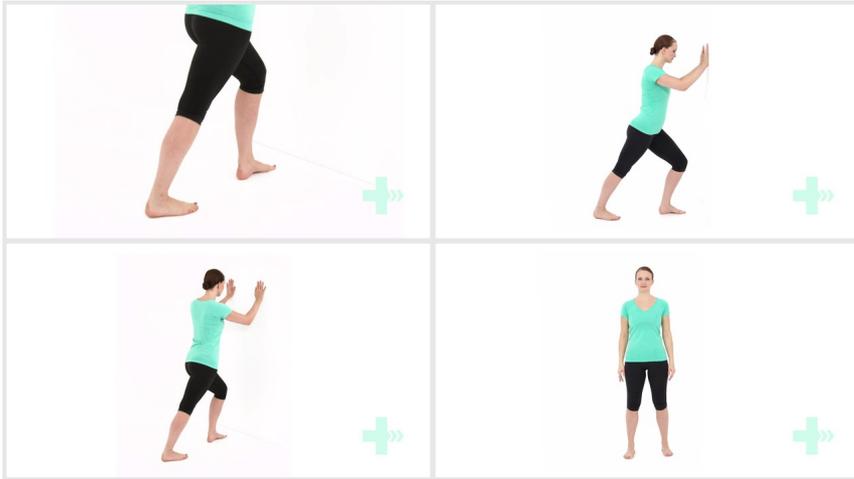
Return to the starting position and allow your knees to fall to the opposite side.

Only drop your knees as far as you go comfortably.

You may want to hold the stretch on each side.

7. Gastrocnemius stretch, hands on wall, standing; 03

1 Set / 10 Reps / 20 s hold



In a standing position, step your affected leg back behind you.

Keep the heel on the floor and the toes pointing forwards.

Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.

Make sure your heel does not come off the floor and your back knee does not bend.