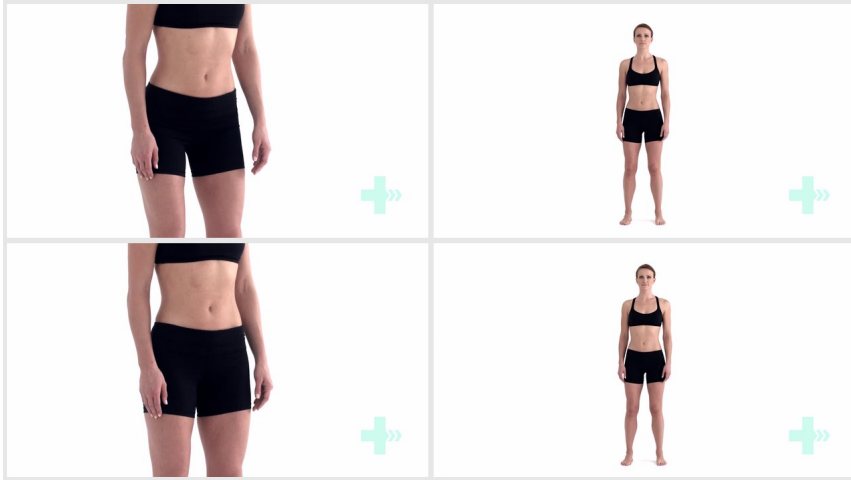


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## **1. Neutral spine setting, with core/pelvic floor activation, standing; 01**

3 Sets / 5 Reps



Stand up straight with your feet shoulder-width apart and your knees slightly bent.

Now tilt your hips back and forth.

Repeat three to four times.

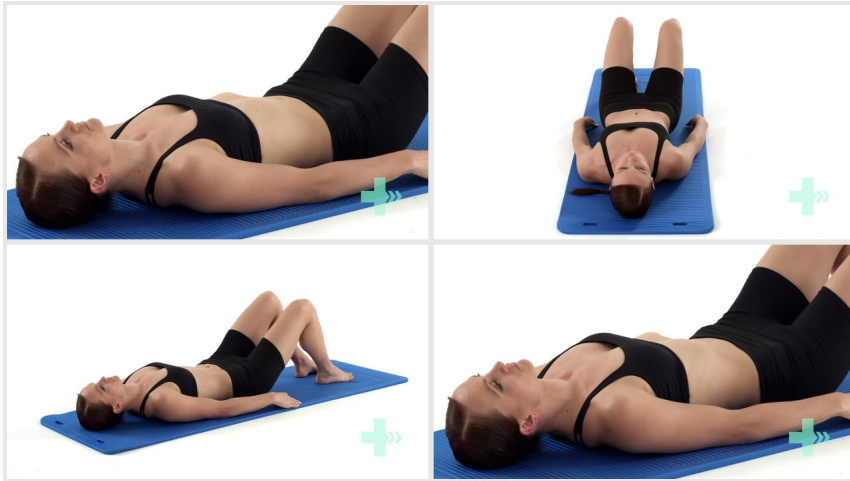
Find the mid-point and gently draw up your pelvic floor and lower stomach muscles.

Try to also tense your back muscles.

Hold this position.

## 2. Core/pelvic floor strengthening isometric, supine

3 Sets / 5 Reps / 10 s hold



Lie on your back.

Bend your knees keeping your feet flat on the floor and your legs at hips' width apart.

Practice initiating your core stability muscles by drawing up your pelvic floor muscle and tightening your abdominal muscles by pulling your belly button towards your spine.

Hold this position.

Your breathing should remain steady throughout.

Relax and repeat.

## 3. "Squat" Core/lower body strengthening, arms forward; 01

3 Sets / 10 Reps



Maintain a strong core.

Tilt your hips forward and bend at the knees.

Bring your arms forward as you squat down.

#### 4. Piriformis/gluteals stretch, sitting to heels, leg crossed behind, quadruped

3 Sets / 6 Reps



Start on your hands and knees.

Slide your left knee forward on the floor allowing enough space to cross your right leg over the back of your left calf.

From this position, carefully sit back allowing a gentle and controlled stretch in the right buttock while you exhale.

If you feel that this position is putting too much pressure on your stomach you can bring your hands closer and sit slightly more upright.

Coming back up, inhale and push your right shin into the floor, uncross your legs behind you and come back into a neutral all fours position.

## 5. Sacroiliac joint self mobilization, shifting side to side, quadruped

3 Sets / 10 Reps



Start on your hands and knees with your spine neutral.

Try keeping your back as straight as you can, remembering to find length through your spine.

Gently sway from one side to the other.

The range of movement is very small at first.

Gradually build up to the full range, using your breathing as a base for the rhythm.

Exhale when reaching the side stretches and inhale as you come back through the middle.

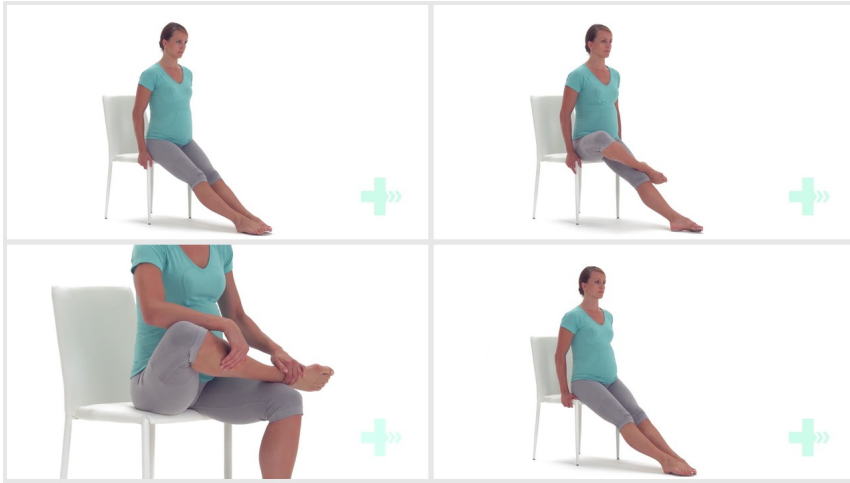
Inhale as you come back, and exhale as you stretch.

Always control the stretch by staying in a comfortable range.

Gradually reduce the range of motion to settle back into a neutral position

## 6. "Figure 4" Piriformis/gluteals stretch, sitting; 03

3 Sets / 5 Reps



Sit on a chair and move forwards, bringing your sitting bones to the edge of the chair.

Straighten both legs out in front of you.

To stretch your right glute, cross your right ankle on top of your left.

Slide your right ankle up along your shin, bending your knee until your right ankle sits on top your knee.

Let your right knee drop towards the floor.

If this is enough of a stretch for you, stay in this position.

Inhale and emphasise the stretch as you exhale.

If you can stretch more, keep your back straight and bend your left knee, sliding your foot along the floor.

If you would like to extend the stretch even further, gently press down with your right forearm onto your right knee.

Make sure you keep your back straight.

To come out of this position, straighten your left leg.

Slide your right leg down your left, and bring your feet together.

Slide both legs in by lifting your knees and push yourself back to a neutral seated position.