



# PELVIC STABILISATION

Stability | Conditioning | Strength

## Double Leg Bridge



**Start Position:** On your back place your feet flat on the floor, hip width apart. Place arms by your side or outstretched for more stability.

**Action:** Engage abdominals & raise hips until they are in-line with your knees and shoulders (see picture). Hold the position for 2 seconds and slowly lower your hips back down. Focus on stabilising your legs by contracting your glutes instead of your hamstrings. Repeat 8 - 10 times.

## Single Leg Bridge



**Start Position:** Starting in the same position as the double leg bridge but with only one foot on the ground. Extend the other leg out and keep your knee fully extended.

**Action:** Engage abdominals and raise your hips until they are in-line with your knees and shoulders (see picture). Hold the position for 2 seconds and slow lower your hips back down. Stabilise your legs by contracting your glutes instead of your hamstrings. Repeat 8 - 10 times on each leg.

## Clam Level One



**Start Position:** Laid on your side, have your heels in-line with your gluteals and have your hips flexed to 45 degrees and your knees flexed to 90 degrees.

**Action:** Engage abdominals and abduct your top leg whilst keeping your feet in contact with each other and hold this position for 2 seconds. The leg on the ground should not move and your upper body should remain stationary and not rotate to ensure the pelvis is stabilised and muscles are isolated. Repeat 8 - 10 times on each side.

## Clam Level Two



**Starting position:** Starting in the same position as Clam Level One, then raise your lower legs to a 45 degree angle.

**Action:** Engage abdominals and abduct your top leg, keeping your feet in contact with each other and hold this position for 2 seconds. The bottom leg should remain stationary and your upper body should not rotate. Repeat 8 - 10 times each side.

## Side Plank Level One



**Starting Position:** Laid on your side with your upper body supported on your elbow and forearm. Forearm should be positioned slightly toward the hips as oppose to directly under the shoulder.

**Action:** Engage abdominals and lift your pelvis until your body is in alignment. Maintain the alignment and hold for up to 30 seconds, if you are able to do so. Repeat 3 times each site. Alternate sides between reps to avoid arm and shoulder fatigue.



## Side Plank Level Two



**Start Position:** Starting in the same position as Side Plank Level One.

**Action:** Engage abdominals and lift your pelvis until your body is in alignment. Whilst maintaining the alignment abduct your top leg as far as you can without compromising your alignment and hold this position for up to 30 seconds, if you are able to do so. Repeat 3 times each side. Alternate sides between reps to avoid arm and shoulder fatigue.

## Single Leg Squat



**Start Position:** Standing on one leg in front of a chair or exercise bench, extend your arms out in front of you for balance.

**Action:** Engage your abdominals and slowly squat down as far as you feel comfortable or able to and then slowly come back up into standing. This exercise will place increased tension in your ITB and the patellofemoral joint so squat slowly and do not squat too deep. The chair is there for safety reasons and your bum does not have to come into contact with the chair. Repeat up to a maximum of 10 times on each leg.