

Exercise plan :
Plan 3 - from week 8

Patient:
Justine Munur

Date:
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Practitioner:
Justine Munur



Side Bridge with Clam

Lie on your side and rest on your forearm. Lift your pelvis from the floor. Raise your top knee to open your legs into a clam position. Hold this position and bring your knees back together. Repeat as required. The side-plank clam can help improve oblique and gluteal muscle strength.

Repeat 10 times, Perform 3-4 days per week, Both sides

Video: <https://youtu.be/5xx2rWBC6KU>



Plank Kneeling

Rest on your forearms and your knees. Hold this position. Keep good straight posture, and do not let your back arch too much. This is a core strengthening exercise.

Hold for 5 - 15 sec, Repeat 3-4 times, Perform 3-4 days per week

Video: <http://youtu.be/UOXuHkBfDhU>



2-Point Kneeling

Adopt a four-point position on your hands and knees. Maintain good posture, and gently contract the deep abdominal muscles by drawing your belly button in (towards your spine). Lift one hand and the opposite knee 2-3cm off the floor. Use your other shoulder and leg to stabilise you. This exercise strengthens the deep core muscles.

Hold for 3-5 seconds, Repeat 10 times, Perform 3-4 days per week, Both sides

Video: https://youtu.be/Ew49_tyQZ0Y



Side Plank

Lie on your side, and form a bridge between your feet and forearms (by lifting your pelvis from the floor). This exercise works the abdominal and Oblique muscles but is also useful to build spinal stability.

Hold for 5-10 seconds, Repeat 2-3 times, Perform 3-4 days per week, Both sides

Video: <http://youtu.be/vQKLvMTYA9Q>

Plank Reverse

Lie face up, and rest on your forearms forming a bridge between your feet and your forearms (by lifting your pelvis). This is a good core and back strengthening exercise.

Hold for 2-5 seconds, Repeat 3-5 times, Perform 3-4 days per week

Video: <http://youtu.be/gxz8EKgOLXs>



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Cross-Crunch

Lie flat on your back, and bend your hips and knees so your feet are off the floor. Rotate your lower back and pelvis so your knees are resting on the floor. Do an Oblique crunch by reaching forwards towards your knees, but as you do this, rotate your knees to the opposite side so you get a rotation in opposite directions from the pelvis and the upper body. This will contract your abdominal and Oblique muscle groups.

Repeat 10 times, Perform 3-4 days per week, Both sides

Video: <https://youtu.be/isYakcc25S8>



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1/2 Squat

Open your legs slightly wider than shoulder width, and bend your knees to the 1/2 squat position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot.

Repeat 10 times, Perform 3-4 days per week

Video: <http://youtu.be/b1JD-Bzw7kQ>



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Only start this program after doing the previous plan for a minimum of 3-4 weeks regularly and if you feel strong enough to progress those exercises.

Start with the recommended number of exercises. If you are finding it too difficult reduce the number of repetitions initially and increase the number as they become easier. If you are finding them easy, feel free to slowly increase the number of repetitions every couple of sessions.

Please stop any exercise that causes pain.