

Exercise plan :  
**Plan 1- from week 1**

Patient:  
**Justine Munur**

Date:  
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Practitioner:  
**Justine Munur**



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### Pelvic Tilt | Pelvic Tuck Lying

Lie flat on your back, and engage your deep core muscles by drawing your belly button inwards (towards your spine slightly), while flattening your spine against the floor, then relax. Repeat as required.

**Hold for 5 seconds, Repeat 10 times, Perform 1 times daily, Perform 4-5 days per week**

Video: <http://youtu.be/44D6Xc2Fkek>



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### Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

**Repeat 10 times, Perform 4-5 days per week**

Video: [http://youtu.be/fK\\_xUE3OKIE](http://youtu.be/fK_xUE3OKIE)



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### Hip Abduction Gluteus Medius Side-Lying

Lie on your side, and lift your leg upwards. Your bottom leg can be straight or bent for more support if needed. Once you lift your leg, you can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

**Repeat 10 times, Perform 4-5 days per week, Both sides**

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



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### Clam

Lie on your side, with both knees bent. Keeping your feet together, squeeze your deep abdominal muscles by drawing the belly button inwards. Open your knees, like a clam, hold, and return to the start position. This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles.

**Repeat 10 times, Perform 4-5 days per week, Both sides**

Video: <http://youtu.be/1ECrWm-3SKo>

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.