

Notes :

1 Transverse recruitment



Sets: 1 Reps: 10 Freq: daily Hold: 5s Other: while breathing

Lay on your back on a firm, flat surface with your knees bent, feet flat and head supported on a pillow.
Place your hands just above your pelvic bones in front and slightly toward the center of your belly on each side to monitor the contraction of the transversus abdominis muscle.
Gently pull your belly button toward your spine, you should feel a slow and deep tension under your fingers - like an elastic band being pulled taut.
Hold the contraction for the recommended time.

2 Supine kegel



Sets: 2 Reps: 10 Freq: 2/day

Lay on your back on a comfortable surface with your knees bent and feet flat on the floor.
Think about tightening/lifting the pelvic muscles as if you were trying to hold/squeeze out a sponge as you exhale, relax on inhale.
Do not hold your breath or tighten the abdominals, buttocks or thigh muscles; only the pelvic floor should be recruited.

3 Bent knee fall out



Sets: 2 Reps: 15/side Freq: daily

Lie on your back with your knees bent and your lower back in neutral position (slightly arched).
Engage your core by recruiting your pelvic floor and transversus abdominis.
Maintain a steady abdominal breathing while you open one leg to one side, keeping your lower back and the other leg completely still.
Return to the middle and repeat with the other leg.

4 TA activation, heel slide



Sets: 2 Reps: 10/side Freq: daily

Lie on your back with your knees bent and your back gentle in contact with floor.
Engage your core.
Maintain a steady abdominal breathing while you slide one foot out until your leg is straight.
Return slowly to the initial position and repeat with the other leg.
Your back must stay in neutral at all times.

5 Glute bridge



Sets: 2 Reps: 10 Freq: daily Hold: 5 sec

Lie on your back with your knees bent.
Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs.
Slowly return to the initial position and repeat.

6 Stabilization Superman



Sets: 2 Reps: 10/side Freq: daily Hold: 5sec

Lie on your stomach with your chin tucked in and one arm by your ear.
Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction.
Maintain a steady abdominal breathing while you lift your arm and opposite leg off the bed.
Lower your arm and leg back down to the bed and repeat with the other arm and opposite leg.