

Exercise Program for Pregnancy-Related Pelvic Pain (Depledge et al, 2005)

Complete 3 times daily

- **Abdominals**
Sitting tall with your feet resting on the floor, gently pull in your lower abdominal muscles, as if you are drawing your baby in towards you. Hold for 5 seconds, repeat 5 times, breathing normally.
- **Pelvic floor**
Sitting tall with your feet resting on the floor, draw up your pelvic floor. Hold for 5 seconds, repeat 5 times, breathing normally.
- **Gluteus maximus**
Sitting or standing, squeeze buttocks together. Hold for 5 seconds, repeat 5 times, breathing normally.
- **Latissimus dorsi**
Sit on a chair in front of a table, grasp table with both hands and pull toward you. Hold for 5 seconds, repeat 5 times, breathing normally.
- **Hip adductors**
Sitting tall with your feet resting on the floor, put your fists in between your knees and squeeze knees together. Hold for 5 seconds, repeat 5 times, breathing normally.