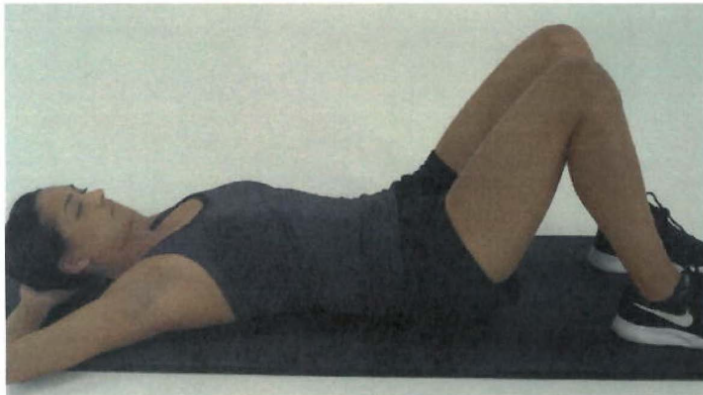


Core Muscle Injury Post Operative Exercises

Pelvic Floor Endurance Holds



Sets: 1-2 **Reps:** 10 **Resistance:** -- **Hold:** 5-10seconds **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** 7

Description:

Position: In hook lying position (on your back with feet flat on floor/bed).
Movement: Perform a pelvic floor contraction (Kegel) and sustain hold for specified duration and then relax. **Tips:** Make sure you are not compensating with activation of your inner thighs, gluteus, or abdominal musculature.

Transverse Abdominis Activation



Sets: 1-2 **Reps:** 20 **Resistance:** -- **Hold:** 5-10seconds **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** 7

Description:

Starting Position: Lie on your back with knees bent and feet flat on the floor. **Movement:** Keep a neutral spine (small space between low back and the floor). Place your hands on your stomach so that your finger tips are palpating are just inside your hip bone. Activate your transverse abdominis by drawing in your abdomen without moving your spine upon exhale. Some cues to properly activate your deep core is to brace your stomach as if your about to be punched in the stomach. You do not want your central abdominal muscle to protrude upward. When contracted correctly, the contour of the abdominal wall

Glute Sets



Sets: 2 **Reps:** 10 **Resistance:** -- **Hold:** 10seconds **Rest:** -- **Times Per Day:** 2-3 **Times Per Week:** 7

Description:

Begin by lying on your Stomach. Slowly squeeze your gluteal muscles together. Hold as directed. Repeat as directed.