

4. Sit ups

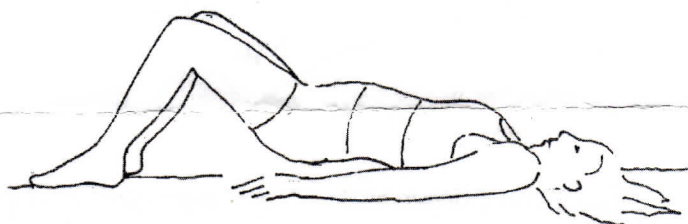
Start lying down with your knees bent and your feet resting on the bed with two pillows supporting your head and your arms down by your side. Draw in your belly button towards your spine and hold it there. Reach your hands towards your knees using your tummy muscles to bring your head off the ground. Hold the position for 2-4 sec then lower your head down and relax. Your abdomen should stay flat while you are doing this exercise and you should continue to breathe. To progress this exercise, remove one pillow and continue as above. You should not get any neck pain doing this exercise. If you do, stop and review the exercise with your physiotherapist.

5. Cross abdominal sit ups

Start lying down with your knees bent and your feet resting on the bed. Draw in your belly button towards your spine and hold it there. Reach your right hand towards your left knee using your tummy muscles and continuing to breathe. Lower back down and relax. Then repeat on the other side. To progress this exercise, try holding for 2-4 sec then lower head down.

6. Bridging

In the above position without the pillows, draw your belly button in towards your spine and hold it there. Tuck your bottom under and slowly roll up into the bridge position. Continue to breathe and then slowly roll back down, trying to move the spine



segment by segment. To progress this exercise, hold in a bridge position for 2-4 sec, but remember to use your abdominals to support you and to continue to breathe.

*Women's Health Physiotherapy Department, August 2008
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