


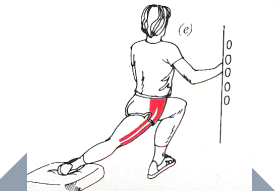
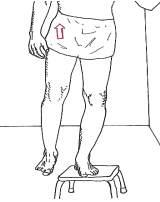
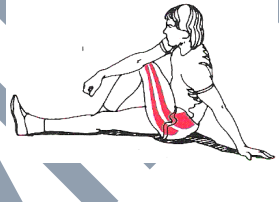


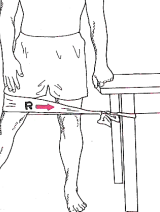

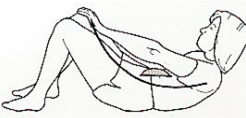
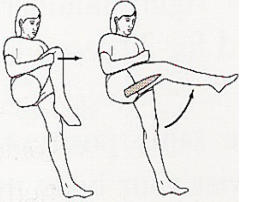
This exercise sheet is only applicable to the named patient below and therefore must not be passed on or used by others.

Patient Name:	James Walker	Condition:	Core & Pelvic imbalance
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Personalised Musculoskeletal Rehabilitation Plan

Core and pelvic instability is often associated with an unstable foot – caused by excessive foot pronation. When this is the case, current research indicates the most effective rehabilitation programme involves prescribing suitable foot orthotic devices in conjunction with appropriate Musculoskeletal Rehab Plan, usually involving stretching and strengthening exercises to restore core and pelvic stability.

CORE, PELVIC, & ITB REHABILITATION

Core & Pelvic Strengthening Exercises		Stretching Exercises	
	<p>Pelvic stability</p> <p>Shallow one legged squats. Slowly lower and then rise maintaining a level pelvis and avoid internal rotation and/or sideways movement of the knee. Repeat 10 times and then change legs.</p>		<p>Iliotibial stretch</p> <p>Hold for between 30 - 60 seconds, and then relax. Repeat 3 times each leg.</p>
	<p>Pelvic stability</p> <p>Progressing from above perform one leg squats on a step approx 6 inch high. Slowly lower your front leg to the ground and then slowly take it back. Repeat 10 times and then change legs.</p>		<p>Iliotibial stretch</p> <p>Hold for between 30 - 60 seconds, and then relax. Repeat 3 times each leg.</p>
	<p>Pelvic stability</p> <p>Stand on one leg and balance on an aeromat. Gradually progress by introducing swaying movements to alter your centre of gravity. Repeat 5 times each side.</p>		<p>Psoas stretch</p> <p>Hold for between 30 - 60 seconds, and then relax. Repeat 3 times each leg.</p>
	<p>Abductor strengthening</p> <p>Using a clini-band or similar resistance equipment, slowly abduct the leg against the resistance and allow it to adduct slowly. This will work muscles concentrically and eccentrically. Repeat 15 times each side.</p>		<p>Psoas stretch</p> <p>Hold for between 30 - 60 seconds, and then relax. Repeat 3 times each leg.</p>
	<p>Partial sit-up (crunch)</p> <p>Lie on your back with feet flat on floor. Hold arms in front of you tuck your chin in and curl upper body up until shoulders clear the floor. Hold for between 2-3 seconds, repeat 5 times.</p>		<p>Piriformis stretch</p> <p>Lie on your back with knees bent and feet flat. Using your hand, pull opposite leg up and across chest towards opposite shoulder. Hold for between 30 - 60 seconds, and then relax. Repeat 3 times each leg.</p>