Pelvic (Hip) Girdle Stability

Children’s Therapy Services
What is Pelvic (hip) Girdle Stability?

The pelvic girdle is the bony structure which attaches the legs to the body. It consists of the pelvis and the base of the spine (sacrum).

The pelvic girdle stability is the ability of the surrounding muscles to support this structure. The muscles involved are the buttock (gluteus), tummy (abdominal), thigh (quads and hamstrings) and the pelvic floor.

This develops from an early age as a baby begins to roll and crawl.

General Guidelines

‘Heavy work’ activity is of general benefit i.e. playgrounds, rough and tumble play, swimming, pushing and pulling games.

Activities to develop Pelvic (Hip) Girdle Stability

• Push and pull games. Pushing against a wall, pulling a rope and row row your boat.
• Freeze tag / stuck in mud games
• Target games / judging games / obstacle course : throwing and catching a heavy ball.
• Bench Games
• Playground games: particularly monkey bars, climbing frames and “flying fox”.
• Gym games: wall ladders and monkey bars.
• Inchworm (stand behind a line, keep feet on the spot and walk hands forward to collect objects).
• Crab football (using hands and feet to walk tummy facing upwards).
• Bottom walking
Leisure Activities

- Swimming
- Tumbletots
- Gym Clubs
- Martial Arts
- Dancing
- Horse Riding

Why is girdle stability important for your child?

**Good Pelvic Stability enables your child to:**

- Balance, maintain good posture and skilled one legged activities i.e. hopping, kicking and climbing.
- Have a steady base for the development of hand skills.
For further information about this service contact:

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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.