

Pelvic (hip) Girdle Exercise Leaflet

Children's Physiotherapy Service



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 core 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.

Why is girdle stability important for your child?

Good Pelvic Stability enables your child to:

- Have a stable base to enable controlled movement and prevent injury.
- Balance, maintain good posture and skilled one legged activities, ie hopping, kicking and climbing.
- Have a steady base for the development of hand skills.

Pelvic (hip) Girdle exercises

The following pelvic girdle exercises are specific to improve pelvic stability and should be performed in conjunction with more general activities such as balance, climbing and jumping activities.

It is important to maintain a good spinal posture by contracting the lower abdominal muscles while performing the following exercises.

Bridge

1. Lie on your back with the knees bent and feet flat. Draw in your lower abdominals to prepare for the exercise. Squeeze your buttocks together and lift your bottom off the floor.

Hold this position for …….. seconds.

Repeat ….. times.

1 Leg Bridge

2. Lie on your back with the knees bent and feet flat. Draw in your lower abdominals to prepare for the exercise. Squeeze your buttocks together and lift your bottom off the floor. Then straighten one leg shifting the weight over to the other leg whilst keeping the thighs level and without letting the back or pelvis twist.

Hold this position for …….. seconds.

Repeat ….. times.

These exercises may cause a pull, but should not cause pain. Please contact your physiotherapist if you have any questions regarding this information.

Clam

1. Lie on your side with the knees bent and pelvis square. Draw in your lower abdominals to prepare for the exercise. Keep your heels together and lift the top knee up off the other, **ONLY** turning the hip out as far as you can without letting the back or pelvis twist.

Hold this position for ..…… seconds.

Repeat …; ..times.

Modified Clam

2. Lie on your side with the bottom knee bent, top leg straight and pelvis square. Draw in your lower abdominals to prepare for the exercise. Lift the straight leg and turn the toes towards the ceiling **ONLY** as far as you can without letting the back or pelvis twist.

Hold this position for ……….seconds.

Repeat …….. times.

Leg Lift

1. Lie on your stomach with the legs straight. Draw in your lower abdominals and tighten your buttock muscles. Lift one leg with the knee straight JUST off the floor.

Hold this position for ………. seconds.

Repeat …….. times.

(Use a pillow if necessary under the pelvis)

Half Kneeling

Try and balance in the position shown. Encourage reaching and throwing activities in this position for balance. Repeat with the other leg.

Also practice repeatedly alternating the leg in front while maintaining your balance. Repeat _____ times.

Table top arm lift

Start on hand and knees keeping hands underneath shoulders and knees underneath hips.

Draw in your lower abdominals to prepare for the exercise and do not hold your breath.

Keeping your spine in a good posture slowly lift one arm forward. Only lift your arm to where you can maintain good posture.

Hold this position for _____ seconds. Return your hand slowly to floor. Repeat with other arm. Perform _____ times with each arm.

Table top leg lift

Start on hands and knees keeping hands underneath shoulders and knees underneath hips.

Draw in your lower abdominals to prepare for the exercise and do not hold your breath.

Keeping your spine in a good posture slowly lift one leg behind you. Only lift your straight leg to where you can maintain good posture.

Hold this position for _____ seconds. Return your knee slowly to the floor. Repeat with other leg. Perform _____ times with each leg.

Balance in Standing

Stand. Tighten your bottom muscles and draw in your lower abdominals. Lift one leg and try to release hand from the wall. Hold this position for as long as you can. Repeat with the other leg.

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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.