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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.

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Pelvic (hip) Girdle Exercise Sheet

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).

Pelvic girdle stability is the ability of the surrounding core muscles to support this structure. The muscles involved are the bottom (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 back posture by squeezing your tummy while performing the following exercises.

4 point kneeling leg lift

Start on your hands and knees with your knees under hips and hands under shoulders.



Squeeze your tummy muscles. **Keep your back still.**

Slowly lift one leg backwards in line with your hip or stop when the rest of your body starts to move.

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

Perform _____ times with each leg.

Progression: Same position but lift opposite arm with opposite leg. Hold for _____ seconds. Repeat _____ times.

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 without using your hands. Repeat _____ times.



4 point kneeling arm lift

Start on your hands and knees with your knees under hips and hands under shoulders.



Squeeze your tummy muscles. **Keep your back still.**

Slowly lift one arm forward in line with your shoulder or stop when the rest of your body starts to move.

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

Perform _____ times with each arm.

Bridge

Lie on your back with your knees bent and feet flat. Squeeze your tummy and bottom. Lift your bottom off the floor.



Hold this position for seconds.

Repeat times.

One Leg Bridge

Same as above. Once your bottom is up, straighten one leg, keeping your thighs together and everything else still.



Hold this position for seconds.

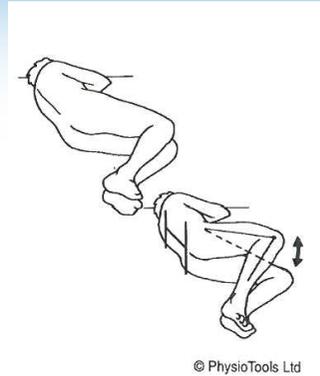
Repeat times

Repeat on your other leg.

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

Clam

Lie on your side with your knees bent and pelvis square. Squeeze your tummy muscles. Keep your heels together and lift the top knee up off the other. **ONLY** turn the hip out as far as you can without letting your back or hips twist.



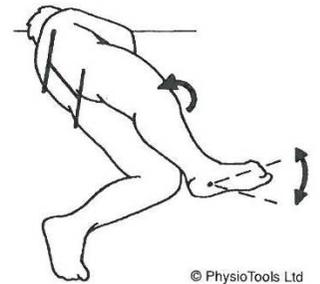
Hold this position for seconds.

Repeat times.

Repeat on your other leg.

Modified Clam

Lie on your side with your bottom knee bent, your top leg straight and pelvis square. Squeeze your tummy muscles. Lift the straight leg and turn the toes towards the ceiling **ONLY** as far as you can without letting your back or pelvis twist.



Hold this position forseconds.

Repeat times.

Repeat on your other leg.

Leg Lift

Lie on your tummy with your legs straight. Squeeze your tummy muscles and your bottom.

Lift one leg with the knee straight **JUST** off the floor.

Do not arch your back.

Hold this position for seconds.



Repeat times.

(Use a pillow if necessary under the pelvis)

Repeat on your other leg.

Leg Curl

Lie on your tummy with one knee bent. Squeeze your tummy muscles and your bottom.

Lift the bent leg **JUST** off the floor.

Do not arch your back.

Hold this position for seconds.

Repeat times.

(Use a pillow if necessary under the pelvis.)

Repeat on your other leg.

