3. Hold \_\_\_\_\_ seconds

## PHYSIOTHERAPY & SPORTS INJURY CENTRE

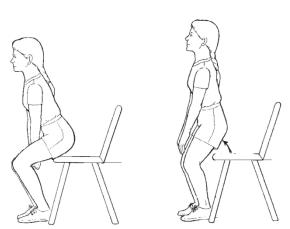
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Name:	Date:
	Squat Exercises
1	. Standing with feet flat on the floor
2	. Tighten lower abdominal and pelvic floor muscles as you squat down keeping the knees over
	the feet. Only squat as far as you have control of your pelvic floor muscles.

4. Push down through the heels and stand up. Release the pelvic floor contraction once upright.5. \_\_\_\_\_ repetitions, \_\_\_\_ sets \_\_\_\_ times per day.



Continue with the pelvic floor strengthening exercises.

Holdseco	nds, rest se	conds				
Repeat	_ times,	_sets	time/s per day			
Position: Lying	Seated	Stand	ing	Squatting		
Marching	Low Step on t	he spot	Medium High step / stair	High Knee higher than hip		
When easier progress to: Hold seconds, rest seconds						
Repeat	_ times,	_sets	time/s per day			
When easier progress to: Hold seconds, rest seconds						
Repeat	_times,	_sets	time/s per day			

## The Knack: Pre - tighten and keep tight the pelvic floor muscles when you cough, sneeze, lift, push, pull, carry and sit to stand. Other:\_\_\_\_\_ If you have any questions please do not hesitate to contact Eileen Lavis or Karen Burns on 4975-1622.