

Week 0-2 | Rest and Reconnection

GOALS: REST & RECONNECTION. During the first two weeks we encourage you to take it easy! remember that pain management is an important element of this stage of recovery. These movements are aimed at maintaining flexibility and body awareness. Towards the end of this stage the bridge and four point leg slide are focused on connecting to your glutes and your abdominals.

WALKING: 5-15 minutes at a low to moderate intensity.

Belly Breathing

Reps: 10-20 | **Frequency:** 2x/day

Preparation:

- Lie flat, knees bent, feet flat on the floor
- Place one hand on your chest and one hand on your belly, allow the belly to be soft

Execution:

- INHALE into the belly, feel the belly rise into the hands
- EXHALE soften belly
- Lengthen each inhale and exhale

TIP: INHALE as if smelling a flower, EXHALE as if gently blowing out a candle



Pelvic Floor Activation | Gradual Contraction

Sets: 3 | **Reps:** 10-15 | **Frequency:** Daily

Preparation:

- Lie on your back with your knees bent as shown

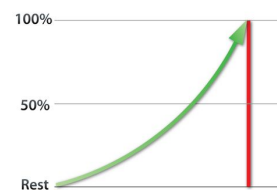
Execution:

- INHALE
- EXHALE to gently lift your pelvic floor
- On your next INHALE allow your pelvic floor to relax and lower. Repeat.

PROGRESSION: As this becomes easier, try contracting your pelvic floor while in hands and knees, kneeling and standing.



On your back, feet flat



Gradually increase the strength of the contraction

Mini Bridge | Half Bridge (End of Week 1)

Sets: 1-3 | Reps: 8-12

Preparation:

- Lie flat on your back with your arms straight beside you
- Bend knees up so that your feet are flat

Execution:

- Squeeze your buttock muscles to lift your hips 1-2 inches off of the ground using your arms to stabilize you
- Lower down in a controlled manner



Four Point Leg Slide (Week 2)

Reps: 3-5 each side | Frequency: Daily to every other day

- Kneel on all fours on the mat. Place your hands directly underneath your shoulders, with your knees between your hips.
- Exhale as you slide one leg behind you, keeping it in line with your hip and your pelvis in neutral. Keep your foot pointed and maintain contact with the floor.
- Inhale to slide the leg back to start position.
- Repeat prescribed repetitions on one leg before moving to the other side.



Week 2-4 | Recovery and Mobility

GOALS: RECOVERY & MOBILITY. The movements in this stage are aimed at stretching into your torso and abdomen. Towards the end of this stage you'll start to focus on bodyweight exercises.

WALKING: 20-30 minutes, at a low to moderate intensity.

Shoulder + Chest Stretch (Door Frame)

Hold: 30s | **Frequency:** 3-5x/day

Preparation:

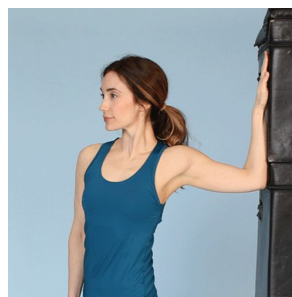
- Place arms at shoulder level on one or both sides of a doorframe.

Execution:

- If stretching one arm at a time, step through the doorframe or twist away. You should feel a stretch across the front of your chest.

Important:

- Do not support your weight with your arms.



Gently twist away from the doorframe

Half-Kneeling Hip Flexor Stretch

Reps: 1-3 each side | **Hold:** 15-30s | **Frequency:** Daily

Preparation:

- Begin in a half-kneeling position with your right knee bent in front of you and your left knee on the ground under your hip.

Execution:

- Tuck your pelvis forward, and lift your left hand to the ceiling. Place your right hand inside your right front knee.
- Reach your top hand to the right to feel a stretch through your left side body.
- Release and repeat, then switch sides.



Cat-Camel (From Week 3)

Reps: 10-20 | **Frequency:** Daily

Preparation:

- Start on hands and knees

Execution:

- Arch your back up to the ceiling as high as you comfortably can. Hold.
- Arch your back the opposite direction as low as you comfortably can. Hold.



Arch up



Arch down

Bridge (From Week 3-4)

Sets: 1-3 | Reps: 5-10 | Frequency: Daily

Preparation:

- Lie on your back with arms resting at your sides, palms up. Place your feet on flat surface

Execution:

- Squeeze your buttocks as you lift your hips to make a bridge
- Do not arch your back
- Keep belly button drawn in and squeeze glutes during movement
- Lower slowly



Chair Squat (From Week 3-4)

Sets: 1-3 | Reps: 8-12 | Frequency: Daily

Preparation:

- Stand in front of a chair or bench, feet shoulder width apart

Execution:

- Perform a squat by bending at the hip
- Stop when your bum touches the chair or bench
- Rise up by straightening at the hip



Week 4-6 | Full Mobility and Body Weight Exercises

GOALS: FULL RANGE OF MOTION. This is when you can expect to start feeling a little more like yourself! Take care to stick to your post-op guidelines even though you're feeling improved. The movements in this stage are progressing the bodyweight movements. Towards the end of this stage you will start challenging your core!

WALKING: 30 minutes of walking 1-2x/day at a moderate intensity

Standing Side Bend

Sets: 1-3 | **Reps:** 5-8 each side | **Frequency:** Daily

Preparation:

- Stand with good posture

Execution:

- Bend to the side in a very controlled manner
- Think about moving joint by joint.
- Use an exhale to stack yourself back to standing straight



Lumbar Rotation

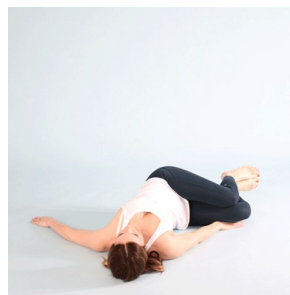
Sets: 1-3 | **Reps:** 5 each side | **Frequency:** 1-3x/day

Preparation:

- Lie on back, knees bent, feet flat on the floor

Execution:

- Slowly roll both knees to one side until you feel a stretch in your side trunk muscles
- Hold, deep breathe
- Slowly roll both knees to other side



Modified Side Plank at the Wall (From Week 5-6)

Sets: 1-3 | **Reps:** 1-3 each side | **Hold:** 15-30s | **Frequency:** Daily

Preparation:

- Stand with forearm on the wall as shown

Execution:

- Hold plank position, using your abdominal muscles to stop you from twisting your hips
- For more challenge, walk your feet further away from the wall



Four Point + Arm and Leg Raise (From Week 5-6)

Sets: 1-3

Reps: 4-8 each side

Frequency: Daily

Preparation:

- Start on hands and knees, hips and shoulders at 90°

Execution:

- Lift one arm straight out in front
- At the same time, lift opposite leg straight back



Lift one arm and opposite leg



Return to start



Alternate

Split Squat + Twist (From Week 6)

Sets: 1-3

Reps: 5-10 each side

Preparation:

- Start with your feet wide apart, facing forward
- Hug yourself or reach the arms forwards with palms touching
- Lower your back knee to hover over the ground

Execution:

- EXHALE, rotate your torso towards the forward knee
- Feel a stretching in your upper back
- INHALE, return to the start position with control
- Repeat prescribed repetitions on one side before switching legs.

