

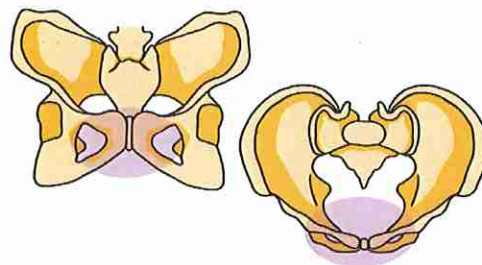
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EXERCISES TO MANAGE PAIN

Everyone should complete the first two sections as shown. For the last section - try the exercises on both your left side and your right side. Doing them on one side should give you relief. Continue on the side that gives your relief for the recommended number of repetitions.

EXPECTING
AND
EMPOWERED

FREEBIE



MOBILITY



QUADRUPED
PELVIC CLOCK
X 12



SIDE LYING THORACIC ROTATION
WITH ADDUCTOR ACTIVATION
X 6 EACH SIDE

HIP STRENGTHENING



SQUAT WITH
CB OUTSIDE OF KNEE
X 10



SIDE LYING
FORWARD LEG RAISE
X 15

BALANCING PELVIC MUSCLES



ADDUCTOR SQUEEZE
AND PULL BACK
X 6



HAMSTRING
CURLS
X 10 EACH SIDE

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