

Pelvic Girdle Pain Exercises: SIJ & Pubic Pain

Daily exercises will improve your pain faster



WHRIA
Women's Health & Research
INSTITUTE OF AUSTRALIA

1



Start at ___secs x 10 reps

Add 1 sec when it feels easy to do x10reps

Gradually build to 10sec x 10 reps

2



Start at ___secs x 10 reps

Add 1 sec when it feels easy to do x10reps

Gradually build to 10sec x 10 reps



3

'Apple picking'

reach up x 10 daily eg. in shower