



# Louis Attard

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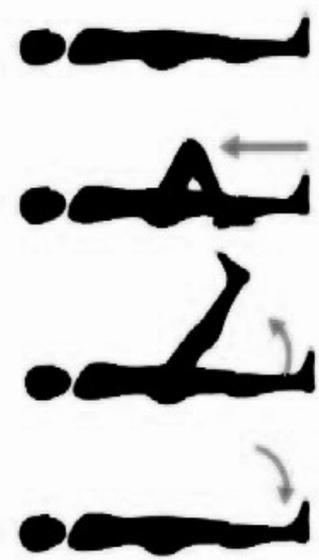
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## Pelvic, Hamstring, Knee Exercise Suggestions Any Questions Ph. 0430 795 666

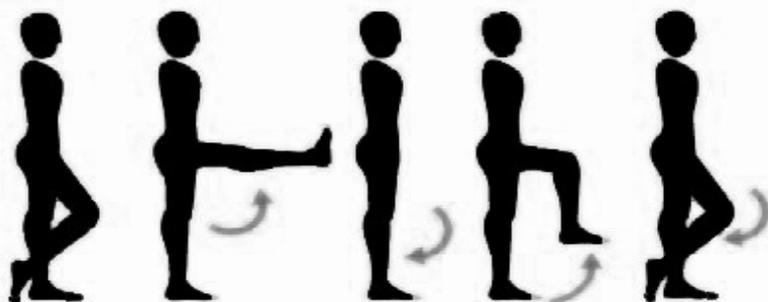
**IMPORTANT:** Exercise GENTLY. If you push too hard you will hurt yourself and your health will go backwards. Progress is the benefits your body receives from increased circulation while performing each exercise through regular daily practice, not how far you can stretch. Immediately stop any exercise if it causes or increases pain. Begin exercises the DAY AFTER your Bowen treatment.

### Pelvic Exercise

1. Lay on your back. Can be performed when lying in bed in the morning.
2. Drag your heel along the bed towards your buttocks. Ensure your heel maintains contact with the bed at all times.
3. Stop at the nearest point you can get your heel to your buttocks without causing pain or discomfort.
4. Now lift your foot into the air and straighten the leg as high up as is comfortable for you.
5. Then slowly lower your leg to the bed, using your muscles to set it down gently.
6. If step 4 & 5 is too strenuous, after step 3, slightly lift your foot and slide it back down the bed to the starting position.
7. Perform this movement six times on the first leg, followed by six times on the other leg.



### Hamstring Exercise



1. Place your toes of your right foot on the floor behind you.
2. Gently (it's not a karate kick) swing your right leg up as high as is comfortable keeping the knee straight and the toes pulled back.
3. Then let the foot drop back to the floor.

4. Next, raise the right knee to your waist, then return your toes back to the floor behind you (the start position).

5. Perform this movement six times on the first leg, followed by six times on the other leg.

## Hamstring Stretch



1. Stand up straight.
2. Bend at the hips and let your body relax down.
3. Try keep your back straight to maximize hamstring stretch. You can bend your back to also stretch your lower back. Alternate between the two.
4. Keep your legs straight.
5. Just hang loose and relax in the stretch. Breath.

## Knee Exercise

1. Sit well back on a bench or table with the thighs supported by the table and the feet hanging free.

2. Begin with the better knee first. Place a light weight (eg. a packet of rice) on the top of the ankle.

3. Slowly raise the leg, taking the knee almost to full extension, then lightly resist the weight of the bag of rice as you lower your leg again.

4. Repeat five to ten times per day on both legs.

How much weight?

Watch for the quads to 'quiver'. If the foot or leg shakes and quivers before five repeat lifts, your foot is carrying too much weight and should be reduced so that the 'quivering' is achieved between five and ten lifts. The quiver is an indication your muscles are tired and you should rest.

