

The Introduction to Pelvic Stability Schedule

Week 1 Tasks:

Perform test / retest for Transverse Abdominis (TrA), Wiper Test, Hip Telescoping, and Active Straight Leg Raise Test (ASLR)
 Coordination breathing with releasing pelvic floor muscles on inhale and gently contracting or connecting pelvic floor muscles during exhale

Schedule Week 1

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
<input type="checkbox"/>	Heel slides	<input type="checkbox"/>	Heel slides	<input type="checkbox"/>	Heel slides	<input type="checkbox"/>	Heel slides	<input type="checkbox"/>	Heel slides	<input type="checkbox"/>	Heel slides	<input type="checkbox"/>	10 mins breathing
<input type="checkbox"/>	Marches	<input type="checkbox"/>	Marches	<input type="checkbox"/>	Marches	<input type="checkbox"/>	Marches	<input type="checkbox"/>	Marches	<input type="checkbox"/>	Marches	<input type="checkbox"/>	Previous stretches
<input type="checkbox"/>	Fallouts	<input type="checkbox"/>	Fallouts	<input type="checkbox"/>	Fallouts	<input type="checkbox"/>	Fallouts	<input type="checkbox"/>	Fallouts	<input type="checkbox"/>	Fallouts	<input type="checkbox"/>	
<input type="checkbox"/>	Bridge	<input type="checkbox"/>	Bridge	<input type="checkbox"/>	Bridge	<input type="checkbox"/>	Bridge	<input type="checkbox"/>	Bridge	<input type="checkbox"/>	Bridge	<input type="checkbox"/>	

Week 2 Tasks:

Perform test / retest for Transverse Abdominis (TrA), Wiper Test, Hip Telescoping, and Active Straight Leg Raise Test (ASLR)
 If able to do above exercises with good stability while breathing, start progression to next set of exercises below
 Add in dynamic stretching
 Coordination breathing with releasing pelvic floor muscles on inhale and gently contracting or connecting pelvic floor muscles during exhale
 Abbreviations: LR = leg raise, QP = quadruped (on all fours), HS = hamstring, str = stretch

Schedule Week 2

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
<input type="checkbox"/>	Bridge Progression #1	<input type="checkbox"/>	Bridge Progression #1	<input type="checkbox"/>	Bridge Progression #1	<input type="checkbox"/>	Bridge Progression #1	<input type="checkbox"/>	Bridge Progression #1	<input type="checkbox"/>	Bridge Progression #1	<input type="checkbox"/>	10 mins breathing
<input type="checkbox"/>	LR #1 with bent knee	<input type="checkbox"/>	LR #1 with bent knee	<input type="checkbox"/>	LR #1 with bent knee	<input type="checkbox"/>	LR #1 with bent knee	<input type="checkbox"/>	LR #1 with bent knee	<input type="checkbox"/>	LR #1 with bent knee	<input type="checkbox"/>	Dynamic calf stretch
<input type="checkbox"/>	QP Intro #1	<input type="checkbox"/>	QP Intro #1	<input type="checkbox"/>	QP Intro #1	<input type="checkbox"/>	QP Intro #1	<input type="checkbox"/>	QP Intro #1	<input type="checkbox"/>	QP Intro #1	<input type="checkbox"/>	Dynamic HS stretch
<input type="checkbox"/>	Dynamic calf stretch	<input type="checkbox"/>	Dynamic hip flexor str	<input type="checkbox"/>	Dynamic calf stretch	<input type="checkbox"/>	Dynamic hip flexor str	<input type="checkbox"/>	Dynamic calf stretch	<input type="checkbox"/>	Dynamic hip flexor str	<input type="checkbox"/>	Dynamic gluteal stretch
<input type="checkbox"/>	Dynamic HS stretch	<input type="checkbox"/>	Dynamic adductor str	<input type="checkbox"/>	Dynamic HS stretch	<input type="checkbox"/>	Dynamic adductor str	<input type="checkbox"/>	Dynamic HS stretch	<input type="checkbox"/>	Dynamic adductor str	<input type="checkbox"/>	Dynamic hip flexor str
<input type="checkbox"/>	Dynamic gluteal stretch	<input type="checkbox"/>		<input type="checkbox"/>	Dynamic gluteal stretch	<input type="checkbox"/>		<input type="checkbox"/>	Dynamic gluteal stretch	<input type="checkbox"/>		<input type="checkbox"/>	Dynamic adductor str

Week 3 Tasks:

Perform test / retest for Transverse Abdominis (TrA), Wiper Test, Hip Telescoping, and Active Straight Leg Raise Test (ASLR)
 If able to do above exercises with good stability while breathing, start progression to next set of exercises below
 Continue with dynamic stretching
 Coordination breathing with releasing pelvic floor muscles on inhale and gently contracting or connecting pelvic floor muscles during exhale
 Abbreviations: LR = leg raise, QP = quadruped (on all fours), HS = hamstring, str = stretch

Schedule Week 3

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
<input type="checkbox"/>	Bridge #2 with heel lift	<input type="checkbox"/>	Bridge #2 with heel lift	<input type="checkbox"/>	Bridge #2 with heel lift	<input type="checkbox"/>	Bridge #2 with heel lift	<input type="checkbox"/>	Bridge #2 with heel lift	<input type="checkbox"/>	Bridge #2 with heel lift	<input type="checkbox"/>	10 mins breathing
<input type="checkbox"/>	LR #2 toe & knee touch	<input type="checkbox"/>	LR #2 toe & knee touch	<input type="checkbox"/>	LR #2 toe & knee touch	<input type="checkbox"/>	LR #2 toe & knee touch	<input type="checkbox"/>	LR #2 toe & knee touch	<input type="checkbox"/>	LR #2 toe & knee touch	<input type="checkbox"/>	Dynamic calf stretch
<input type="checkbox"/>	QP #2 knee/foot lift	<input type="checkbox"/>	QP #2 knee/foot lift	<input type="checkbox"/>	QP #2 knee/foot lift	<input type="checkbox"/>	QP #2 knee/foot lift	<input type="checkbox"/>	QP #2 knee/foot lift	<input type="checkbox"/>	QP #2 knee/foot lift	<input type="checkbox"/>	Dynamic HS stretch
<input type="checkbox"/>	Dynamic calf stretch	<input type="checkbox"/>	Dynamic hip flexor str	<input type="checkbox"/>	Dynamic calf stretch	<input type="checkbox"/>	Dynamic hip flexor str	<input type="checkbox"/>	Dynamic calf stretch	<input type="checkbox"/>	Dynamic hip flexor str	<input type="checkbox"/>	Dynamic gluteal stretch
<input type="checkbox"/>	Dynamic HS stretch	<input type="checkbox"/>	Dynamic adductor str	<input type="checkbox"/>	Dynamic HS stretch	<input type="checkbox"/>	Dynamic adductor str	<input type="checkbox"/>	Dynamic HS stretch	<input type="checkbox"/>	Dynamic adductor str	<input type="checkbox"/>	Dynamic hip flexor str
<input type="checkbox"/>	Dynamic gluteal stretch	<input type="checkbox"/>		<input type="checkbox"/>	Dynamic gluteal stretch	<input type="checkbox"/>		<input type="checkbox"/>	Dynamic gluteal stretch	<input type="checkbox"/>		<input type="checkbox"/>	Dynamic adductor str

Week 4 Tasks:

Perform test / retest for Transverse Abdominis (TrA), Wiper Test, Hip Telescoping, and Active Straight Leg Raise Test (ASLR)
 If able to do above exercises with good stability while breathing, start progression to next set of exercises below
 Continue with dynamic stretching
 Coordination breathing with releasing pelvic floor muscles on inhale and gently contracting or connecting pelvic floor muscles during exhale
 Abbreviations: LR = leg raise, QP = quadruped (on all fours), HS = hamstring, str = stretch, unilat = unilateral (one side)

Schedule Week 4

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
<input type="checkbox"/>	Bridge #3 unilat heel lift	<input type="checkbox"/>	Bridge #3 unilat heel lift	<input type="checkbox"/>	Bridge #3 unilat heel lift	<input type="checkbox"/>	Bridge #3 unilat heel lift	<input type="checkbox"/>	Bridge #3 unilat heel lift	<input type="checkbox"/>	Bridge #3 unilat heel lift	<input type="checkbox"/>	10 mins breathing
<input type="checkbox"/>	LR #3 straight side LR	<input type="checkbox"/>	LR #3 straight side LR	<input type="checkbox"/>	LR #3 straight side LR	<input type="checkbox"/>	LR #3 straight side LR	<input type="checkbox"/>	LR #3 straight side LR	<input type="checkbox"/>	LR #3 straight side LR	<input type="checkbox"/>	Dynamic calf stretch
<input type="checkbox"/>	QP #3 foot slide	<input type="checkbox"/>	QP #3 foot slide	<input type="checkbox"/>	QP #3 foot slide	<input type="checkbox"/>	QP #3 foot slide	<input type="checkbox"/>	QP #3 foot slide	<input type="checkbox"/>	QP #3 foot slide	<input type="checkbox"/>	Dynamic HS stretch
<input type="checkbox"/>	Dynamic calf stretch	<input type="checkbox"/>	Dynamic hip flexor str	<input type="checkbox"/>	Dynamic calf stretch	<input type="checkbox"/>	Dynamic hip flexor str	<input type="checkbox"/>	Dynamic calf stretch	<input type="checkbox"/>	Dynamic hip flexor str	<input type="checkbox"/>	Dynamic gluteal stretch
<input type="checkbox"/>	Dynamic HS stretch	<input type="checkbox"/>	Dynamic adductor str	<input type="checkbox"/>	Dynamic HS stretch	<input type="checkbox"/>	Dynamic adductor str	<input type="checkbox"/>	Dynamic HS stretch	<input type="checkbox"/>	Dynamic adductor str	<input type="checkbox"/>	Dynamic hip flexor str
<input type="checkbox"/>	Dynamic gluteal stretch	<input type="checkbox"/>		<input type="checkbox"/>	Dynamic gluteal stretch	<input type="checkbox"/>		<input type="checkbox"/>	Dynamic gluteal stretch	<input type="checkbox"/>		<input type="checkbox"/>	Dynamic adductor str

Week 5 Tasks:									
Perform test / retest for Transverse Abdominis (TrA), Wiper Test, Hip Telescoping, and Active Straight Leg Raise Test (ASLR)									
If able to do above exercises with good stability while breathing, start progression to next set of exercises below									
Continue with dynamic stretching									
Coordination breathing with releasing pelvic floor muscles on inhale and gently contracting or connecting pelvic floor muscles during exhale									
Abbreviations: LR = leg raise, QP = quadruped (on all fours), HS = hamstring, str = stretch, unilat = unilateral (one side), wt shi = weight shift									
Schedule Week 5									
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
<input type="checkbox"/> Bridge #4 25-50% wt shi	<input type="checkbox"/> Bridge #4 25-50% wt str	<input type="checkbox"/> Bridge #4 25-50% wt shi	<input type="checkbox"/> Bridge #4 25-50% wt shi	<input type="checkbox"/> Bridge #4 25-50% wt shi	<input type="checkbox"/> Bridge #4 25-50% wt shi	<input type="checkbox"/> Bridge #4 25-50% wt sh	<input type="checkbox"/> 10 mins breathing		
<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> Dynamic calf stretch		
<input type="checkbox"/> QP #4 with leg lift	<input type="checkbox"/> QP #4 with leg lift	<input type="checkbox"/> QP #4 with leg lift	<input type="checkbox"/> QP #4 with leg lift	<input type="checkbox"/> QP #4 with leg lift	<input type="checkbox"/> QP #4 with leg lift	<input type="checkbox"/> QP #4 with leg lift	<input type="checkbox"/> Dynamic HS stretch		
<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic hip flexor str	<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic hip flexor str	<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic hip flexor str	<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic gluteal stretch		
<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic adductor str	<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic adductor str	<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic adductor str	<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic hip flexor str		
<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/>	<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/>	<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/>	<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/> Dynamic adductor str		
Week 6 Tasks:									
Perform test / retest for Transverse Abdominis (TrA), Wiper Test, Hip Telescoping, and Active Straight Leg Raise Test (ASLR)									
If able to do above exercises with good stability while breathing, start progression to next set of exercises below									
Continue with dynamic stretching									
Coordination breathing with releasing pelvic floor muscles on inhale and gently contracting or connecting pelvic floor muscles during exhale									
Abbreviations: LR = leg raise, QP = quadruped (on all fours), HS = hamstring, str = stretch, unilat = unilateral (one side), wt shi = weight shift									
Schedule Week 6									
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
<input type="checkbox"/> Bridge #5 50-100% wt sh	<input type="checkbox"/> Bridge #5 50-100% wt str	<input type="checkbox"/> Bridge #5 50-100% wt sh	<input type="checkbox"/> Bridge #5 50-100% wt sh	<input type="checkbox"/> Bridge #5 50-100% wt sh	<input type="checkbox"/> Bridge #5 50-100% wt sh	<input type="checkbox"/> Bridge #5 50-100% wt s	<input type="checkbox"/> 10 mins breathing		
<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> Dynamic calf stretch		
<input type="checkbox"/> QP #5 on elbows - all	<input type="checkbox"/> QP #5 on elbows - all	<input type="checkbox"/> QP #5 on elbows - all	<input type="checkbox"/> QP #5 on elbows - all	<input type="checkbox"/> QP #5 on elbows - all	<input type="checkbox"/> QP #5 on elbows - all	<input type="checkbox"/> QP #5 on elbows - all	<input type="checkbox"/> Dynamic HS stretch		
<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic hip flexor str	<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic hip flexor str	<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic hip flexor str	<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic gluteal stretch		
<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic adductor str	<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic adductor str	<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic adductor str	<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic hip flexor str		
<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/>	<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/>	<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/>	<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/> Dynamic adductor str		
Week 7 Tasks:									
Perform test / retest for Transverse Abdominis (TrA), Wiper Test, Hip Telescoping, and Active Straight Leg Raise Test (ASLR)									
If able to do above exercises with good stability while breathing, start progression to next set of exercises below									
Continue with dynamic stretching									
Coordination breathing with releasing pelvic floor muscles on inhale and gently contracting or connecting pelvic floor muscles during exhale									
Abbreviations: LR = leg raise, QP = quadruped (on all fours), HS = hamstring, str = stretch, unilat = unilateral (one side)									
Schedule Week 7									
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
<input type="checkbox"/> Bridge #6 heel slide	<input type="checkbox"/> Bridge #6 heel slide	<input type="checkbox"/> Bridge #6 heel slide	<input type="checkbox"/> Bridge #6 heel slide	<input type="checkbox"/> Bridge #6 heel slide	<input type="checkbox"/> Bridge #6 heel slide	<input type="checkbox"/> Bridge #6 heel slide	<input type="checkbox"/> 10 mins breathing		
<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> LR #4 with toe dive	<input type="checkbox"/> Dynamic calf stretch		
<input type="checkbox"/> QP #5 elbow all variation	<input type="checkbox"/> QP #5 elbow all variatio	<input type="checkbox"/> QP #5 elbow all variatio	<input type="checkbox"/> QP #5 elbow all variatio	<input type="checkbox"/> QP #5 elbow all variatio	<input type="checkbox"/> QP #5 elbow all variatio	<input type="checkbox"/> QP #5 elbow all variatio	<input type="checkbox"/> Dynamic HS stretch		
<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic hip flexor str	<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic hip flexor str	<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic hip flexor str	<input type="checkbox"/> Dynamic calf stretch	<input type="checkbox"/> Dynamic gluteal stretch		
<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic adductor str	<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic adductor str	<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic adductor str	<input type="checkbox"/> Dynamic HS stretch	<input type="checkbox"/> Dynamic hip flexor str		
<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/>	<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/>	<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/>	<input type="checkbox"/> Dynamic gluteal stretch	<input type="checkbox"/> Dynamic adductor str		

List of ALL Stretches & Strengthening Exercises

<u>Stretching Exercises</u>		<u>Strengthening Exercises</u>	
<input type="checkbox"/>	Dynamic Calf Stretch	<input type="checkbox"/>	Heel slides
<input type="checkbox"/>	Dyamic Hamstring Stretch	<input type="checkbox"/>	Marches
<input type="checkbox"/>	Dyanmic Gluteal Stretch	<input type="checkbox"/>	Fallouts
<input type="checkbox"/>	Dyanmic Hip Flexor Stretch	<input type="checkbox"/>	Bridge Introduction
<input type="checkbox"/>	Dynamic Adductor Stretch	<input type="checkbox"/>	Bridge Progression #1
		<input type="checkbox"/>	Bridge Progression #2 with heel lifts
		<input type="checkbox"/>	Bridge Progression #3 with unilateral heel lift
		<input type="checkbox"/>	Bridge Progression #4 with 25-50% weight shift
		<input type="checkbox"/>	Bridge Progression #5 with 50-100% weight shift
		<input type="checkbox"/>	Bridge Progression #6 with heel slides
		<input type="checkbox"/>	Leg Raise Progression #1 with knee bent
		<input type="checkbox"/>	Leg Raise Progression #2 with toe & knee touch
		<input type="checkbox"/>	Leg Raise Progression #3 straight side leg raises
		<input type="checkbox"/>	Leg Raise Progression #4 with toe dive
		<input type="checkbox"/>	Quadruped / Table Top Introduction #1
		<input type="checkbox"/>	Quadruped / Table Top #2 with knee and foot lift
		<input type="checkbox"/>	Quadruped / Table Top #3 with foot slide
		<input type="checkbox"/>	Quadruped / Table Top #4 with leg lift
		<input type="checkbox"/>	Quadruped / Table Top #5 on elbows with all variations