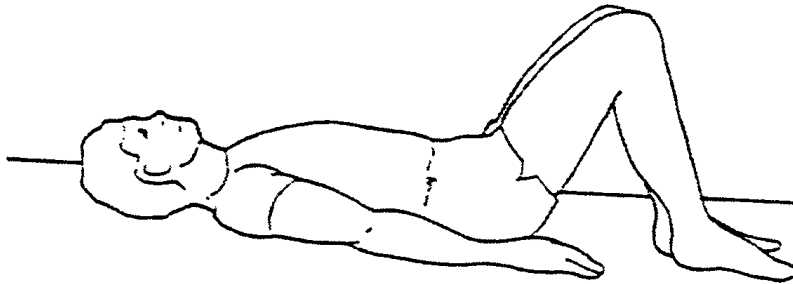
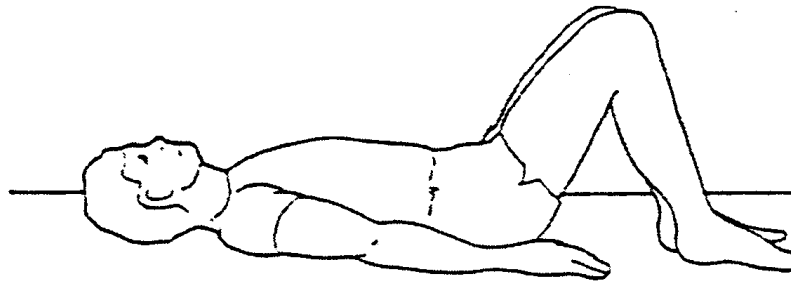


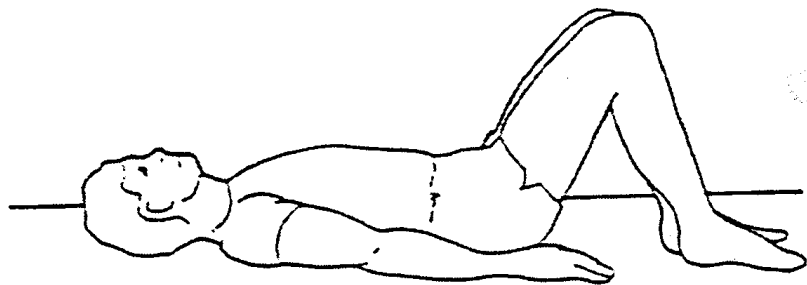
**Phase 1:** Co-activation of Transversus Abdominis and Multifidus and relaxation of the posterior pelvic floor



1. Lie on your back with your hips and knees comfortably flexed and a small pillow supporting your head. Take a small breath in and as you exhale gently contract transversus abdominis and multifidus (the corset) making sure no movement of your pelvis or rib cage occurs. Repeat this three times.

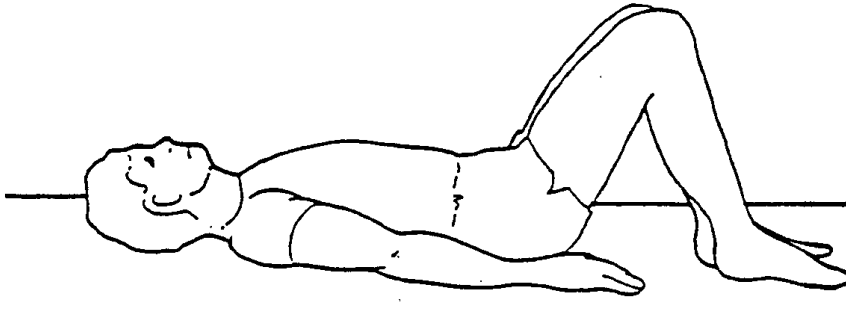


2. Palpate your ischiococcygeus and if tender you can place a small ball directly over the muscle to help it relax. Continue palpating this muscle, repeat the breath in/out and on the expiration relax the ischiococcygeus and let the "sit" bones move apart. Repeat three times.

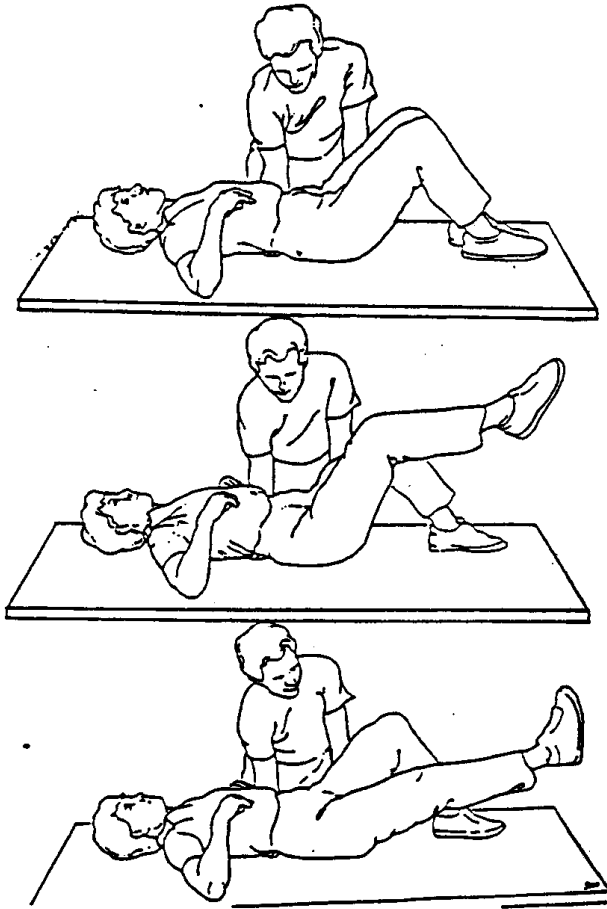


3. Imaging your thigh is like a telephone pole in very soft soil. On the breath out this time, engage your deep abdominals, release the posterior pelvic floor, and then focus on allowing your thigh to sink back into your pelvis. Repeat three times.

**Phase 1:** Co-activation of Transversus Abdominis and Multifidus and relaxation of the posterior pelvic floor



4. Activate transversus abdominis, pubococcygeus and multifidus. Combine this activation with the expiration phase of your breathing. Slowly let your right knee move to the right, controlling the position of your low back and pelvis. Return to center and repeat with the left.



5. If this is too easy, this exercise can be progressed as follows:
- Lift the right foot off the floor keeping the knee bent. Don't hold your breath and don't bulge your lower abdomen. Return the foot to the floor and repeat with the left foot.
  - Lift the right foot off the floor and then straighten the leg only as far as you can control your core with a proper strategy. Slowly bend the knee and return the foot to the floor. Repeat with the left leg.
  - Lift the right foot off the floor and then the left. Alternate leg extensions.