

Preventing Habitual Burnout

Week 4

with thanks to Kirra Rankin, exercise physiologist

2 Sets / 10 Reps / 1 s hold

1. Bridge with pelvic tilt

Bridging strengthens your buttocks and your leg muscles.

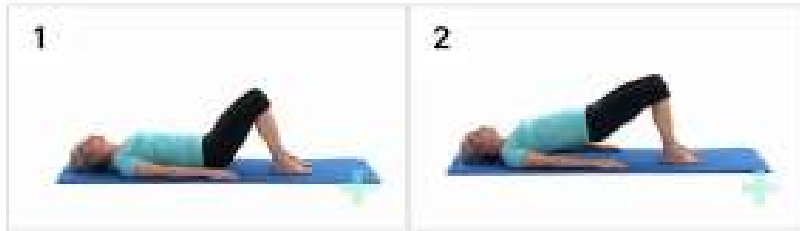
Lie on your back with your knees bent and your feet flat on the floor.

Gently tilt your pelvis, as if you are imprinting your lower back into the floor.

Now, lift your hips up into the air, while still holding your pelvis level.

Hold in the bridge position before you then lower, keeping your tummy drawn in, and slowly lower your spine back down onto the floor one vertebrae at a time.

Keep your buttocks tight until your pelvis rests on the floor.



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2 Sets / 10 Reps / 1 s hold



2. Side lying hip abduction leg circles

Lie on your side with your bottom knee bent and your top leg straight.

Tighten your pelvic floor and lower stomach muscles.

Lift your top leg up into the air until it is inline with your upper body.

Slowly rotate the top leg round in a clockwise direction in small circles and then anticlockwise.

2 Sets / 10 Reps



3. Kneeling hip abduction - 90 degrees

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

Tighten your abdominal muscles, keeping your back straight and your gaze between your hands.

With your knee and hip bent to 90 degrees, lift your leg out to your side.

Control the leg back to the starting position and continue.

Ensure you keep your elbows straight and your abdominal muscles strong.

Minimise how much your pelvis rotates with the movement.

2 Sets / 10 Reps

4. Hop to alternate leg

Stand on one leg with your other hip elevated at 90 degrees.

Spring up off the floor, landing softly on your other leg, and the first leg elevated to 90 degrees.

Control your balance before you hop back to the initial leg and repeat.



2 Sets / 2 Reps / 30 s hold

5. Piriformis stretch

Lie on your back and bend your affected knee.

Cross this leg over your other knee, placing the outside of your ankle just above the knee of your good leg.

Let the knee on your affected leg drop out to the side, and bend the good leg, sliding your heel towards your buttocks.

You may feel a stretch through your affected buttock.

To increase this stretch, interlace your fingers behind the thigh of your good leg, and pull your thigh in towards you, lifting the foot off the ground.

To increase this stretch further still, push your elbow into the thigh of your affected leg.

Hold this position.

