This program provides exercises related to preventative maintenance to your condition that you can perform at home/school. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.

- **Diaphgramatic breathing**
- Reps: 1 Sets: 1-2 Hold: 5”





- **Supine Posterior Pelvic Tilt**
- Reps:10 Sets:2 Hold:5”





- **Bent Knee Fallouts, with Posterior Pelvic Tilt**
- Reps: 10 Sets:2



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- **Supine Pelvic Floor Contraction**
- Reps: 10 Sets: 1-2 Hold:5”



- **Supine Bridge**
- Reps: 10 Sets: 2





- **Clamshell**
- Reps: 10 Sets:2



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- **Side lying Reverse Clamshell**
- Reps: 10 Sets:2





- **Prone Scapular Retraction**
- Reps: 10 Sets: 2





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- **Prone Scapular Retraction Arms at Side**
- Reps: 10 Sets:2





- **Prone W with Band at Wrists**
- Reps: 10 Sets:2





- **Standard Plank**



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- **Child's Pose Stretch**





- **Child's Pose with Side bending**





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