



## Band Pulling

### Hub and Spoke Principle

This exercise is designed to retrain your system to:

1. Recognise when pressure or force is being absorbed through your body, (when you pull, push or lift)
2. Redistribute that force or load through the ground
3. Absorb that force through the deep pelvic floor / core system “lock and load”

*Think: hub = deep pelvic floor / core and spokes = arms and legs.*

In retraining our body to recognise force, redistribute it and “lock and load” with the deep pelvic floor / core system, we ultimately reduce the downwards force onto our pelvic floor and subsequently the force that is then placed upon all our joints. This happens as our body is now working to redistribute force to various areas hence reducing the load that one area is having to absorb i.e. Pelvic floor, back or pelvis.

Over time, this will become automatic and has the potential to reduce prolapse and incontinence in addition to significantly reducing back and joint pain.





### BAND PULLING EXERCISE

1. Stand holding onto band with both hands with feet apart
2. Breathe IN
3. Breathe OUT
  - a. Pull band
  - b. Feel pressure being placed through your feet
  - c. Draw up deep pelvic floor / core "Lock and load"
4. HOLD for 1-3 breaths
5. Release hands, feet, pelvic floor
6. Repeat ..... times ..... sets

