



1 Set / 10 Reps / 3 s hold

1. "Cat and camel" Trunk flexion/extension AROM, quadruped; 01

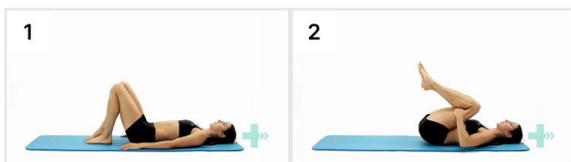
Start on your hands and knees with your back in a neutral position.
Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.
Hold this position.
Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.
Hold this position, and then repeat.



1 Set / 5 Reps / 5 s hold

2. "Knee hugs" Hip/lumbar extensors stretch (bilateral), supine; 01

Lie on your back with both knees bent.
Hug one knee in towards your chest.
Bring the other in to join it.
Use your arms to hug the knees in as closely as you can manage comfortably.



1 Set / 5 Reps / 10 s hold

3. "Prayer stretch" Shoulder/trunk extensors stretch, with side bending, quadruped

Start position is kneeling with the upper body bent over the knees and stretching out the arms as far forward as possible, the backside should be in contact with the heels.
Keeping the head down and the back muscles relaxed, reach straight out with both arms and place one hand over the other, hold.
Relax the arms and the body then repeat the exercise using the opposite arm in the upper position.



1 Set / 5 Reps / 10 s hold

4. Lower trunk rotation AROM, supine feet standing

Lie on your back with your knees bent and your feet flat on the floor.
Keeping your shoulders flat on the bed, roll both knees out to one side.
Hold this position.
You may feel the stretch in your hips, as well as your lower back.
Bring your knees back to the middle before repeating the same movement on the other side.



5. Hamstring stretch, leaning forward, opposite leg bent, sitting

Sit on a mat with your legs extended out in front of you.
 Bend the good leg so that your foot touches the inside of your other knee.
 Relax the knee out and bend forward, reaching towards the foot and dropping your chest towards your knee.
 Keep your foot relaxed during the stretch.
 You will feel this stretch through the back of the thigh of the extended leg.



1 Set / 5 Reps

6. Pilates Spine stretch

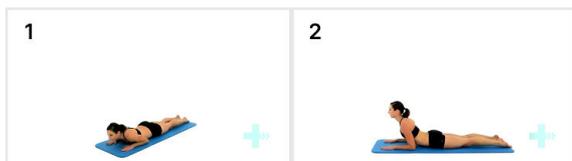
Sit upright with your legs straight out at shoulder width apart and your feet Dorsi-flexed with your toes pointing upwards towards the ceiling.
 Reach your arms forward parallel to the mat with your palms facing each other.
 INHALE: no movement.
 EXHALE: roll down and forward through the spine.
 INHALE: pause.
 EXHALE: return back upright to the sitting position.
 Roll your back up in a fluid manner as if up against the wall and keep your legs still throughout.



1 Set / 5 Reps / 5 s hold

7. "Prone press up" Trunk extension passive; 06

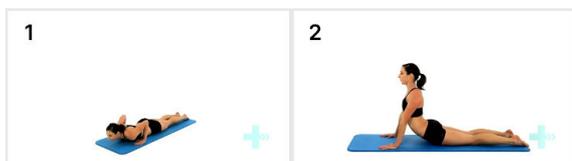
Lie on your stomach with your forearms under your shoulders.
 Push your chest up with your forearms, extending in the lower back.
 Keep your hips pressed in to the floor and your legs straight.



1 Set / 5 Reps / 5 s hold

8. "Prone press up" Trunk extension passive; 07

Lie down on your tummy and place your hands under your shoulders.
 Lift your chest up off the floor by push down through your hands, arching your lower back.
 Tighten your buttock muscles to that your hips stay on the floor.



9. Piriformis/gluteals stretch, cross body, supine; 02

Lie on your back with your legs straight.

Bring your affected leg up and in towards your chest.

Place your opposite hand over the outside of your ankle, and your other hand on the outside of your knee.

Gently pull your knee in towards your opposite shoulder until you feel a stretch in your buttock muscle.

Hold this position.

Ensure you are not causing pain in your knee.



1 Set / 5 Reps / 10 s hold

10. Piriformis/gluteals stretch, with trunk rotation, arms T position, supine

Lie on your back with your legs extended and your feet together and your arms stretched out to the sides in a "T" position, with your palms facing downwards.

Keep your head in contact with the mat for the duration of the exercise and perform at a slow controlled pace.

Start by rolling towards the right from your hips and at the same time bring up your left leg and reach over with the right arm to grasp the outside of your left knee.

Then pull gently upwards to hold in a comfortable stretch for the desired amount of time and then release the knee and return back to the starting position.

Repeat for the opposite side.

Again, roll your body to the left using the hips then raise your right leg and bend at the knee, grasp the outside of your knee with your left hand hold the stretch for the required time and then return to the starting position.

A note of caution, make sure you keep your head in contact with the mat throughout this exercise.



1 Set / 5 Reps / 10 s hold

11. "Figure 4" Piriformis/gluteals stretch, supine; 04

Lie on your back and bend your knees.

Place the ankle of the symptomatic leg over the knee of the other leg.

Interlace your fingers behind the thigh of the good leg.

Pull the knee towards the chest until you feel a stretch in your buttocks and inner thigh.

You can use the elbow to push the knee out further.

Hold this position.



1 Set / 5 Reps / 10 s hold

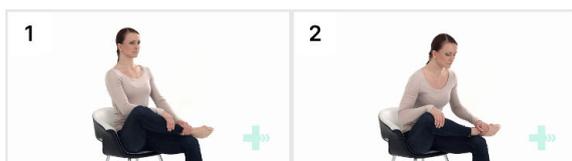
12. "Figure 4" Piriformis/gluteals stretch, sitting; 02

Start in a seated position.

Cross the symptomatic leg your ankle is resting on, to the opposite knee.

Apply gentle pressure to the knee as you lean forward, increasing the depth of the stretch.

Hold this position, you should feel a comfortable tension with no pain.



13. Piriformis/gluteals stretch, cross body, with trunk twist, sitting; 01

Sit on the floor and raise your right leg and cross it over the left leg so your right foot is placed just outside of your left knee.

Straighten your left arm and place your elbow on the right side of your knee.

For stability use your right hand, which is still behind you.

Hold the stretch for the required duration with controlled breathing.

Return to the starting position and repeat for the other side.



1 Set / 5 Reps / 5 s hold

14. Upper trunk rotation AROM, leading with arm, legs 90/90, side lying

Lie on your side with your head supported on a pillow and your knees bent at 90 degrees.

Reach your arms out in front of you, with your hands together.

Rotate the upper arm upwards and outwards from your trunk.

Try to rotate as far as you can, without forcing the shoulder.

Hold in the maximum position.

Note: You can adjust the level at which you rotate by adjusting the angle of your knees.



1 Set / 5 Reps

15. "Thread the needle" Upper trunk rotation/scapular mobility, hand behind neck

Start on hands and knees, moving your body back over your legs a little and straightening your arms out in front.

Place one hand on the back of your neck, keeping the elbow pointed out.

Rotate your body, leading with the elbow, so that your elbow comes down towards the middle of the floor, and then rotate back up.

As the elbow comes up, you will get a twist in the middle of the back.

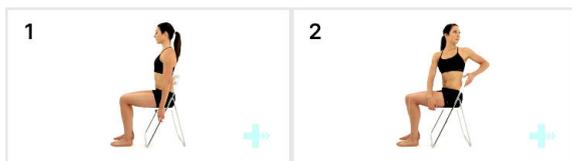


1 Set / 5 Reps / 10 s hold

16. Upper trunk rotation AROM, end range assisted, sitting; 01

Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further.

This should feel like a stretch through the torso.



17. Iliopsoas stretch - how to, half kneeling

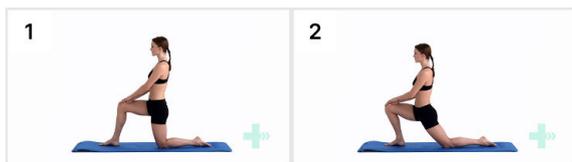
Start in a kneeling position.

Place one foot on the floor out in front of you whilst staying on the knee of the other leg.

Tuck your bottom in.

Keep your back upright and chest out, push your hips forward by bending your front knee.

Make sure that you keep your hips in position and do not let your lower back arch.



1 Set / 5 Reps / 5 s hold

18. Thoracic extension stretch, over roller, hands behind neck, supine

Lie on your back with a foam roller over the affected area of your upper back.

Place your hands over your shoulders to support your neck.

Exhale and allow your upper back to stretch over the foam roller.

Continue this movement rhythmically, changing the level at which the foam roller lies if you need to.



1 Set / 5 Reps / 10 s hold

19. Thoracic extension stretch, over roller, hands behind head, supine

Place a foam roll across the floor.

Lie back with the foam roll running across the level of your spine that you would like to stretch.

Wrap your hands around the back of your head to support the weight.

Ensure you do not pull your head forward, keep it in line with the rest of your spine.

Inhale, then as you exhale allow your body to relax over the foam roll.

Hold this position in a stretch, continuing to focus on your breathing.



1 Set / 5 Reps / 10 s hold

20. "Spinal roll down" Cervical/trunk extensors stretch, sitting legs apart

Sit on a chair and slowly bend forward to glide your arms in between your knees under the chair.

Control the pace of the forward bend by gently pressing your arms against your inner thighs.

Reach under the chair with both arms and allow your lower back to stretch.

Breathe in and out during the stretch.

To come back up, bring one hand on your foot and use this as a support to bring your other hand just above your knee.

Use the hand on your knee to push yourself back into a seated position.



21. Posture, back relief, arching backwards, standing

When working in a bent or seated posture, remember to reset your lower back regularly to avoid creep.

Stand with your feet shoulder width apart with your hands on your hips.

Stand up straight and gently arch your back.

Only go as far as it is comfortable. Hold for ten seconds and repeat regularly throughout the day.



1 Set / 10 Reps / 5 s hold

22. Core stabilization, lifting opposite arm and leg, prone; 03

Lie on a mat, flat on your front with your arms stretched out overhead.

Initiate the core stability muscles in your pelvic floor and tummy.

Lift the opposite arm and leg so that they are both off the floor.

Maintain the muscle contraction in your core.

Hold this position, then steadily lower your arm and leg.

Repeat the movement using the other arm and leg.



1 Set / 10 Reps

23. "Bird dog" Core/abdominal stabilization; 01

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

Tighten the abdominal core muscles.

Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.

Do not allow your body or hips to rotate.

Repeat on the other side.



1 Set / 10 Reps / 5 s hold

24. "Pelvic tilt" Core/abdominal strengthening, supine; 03

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

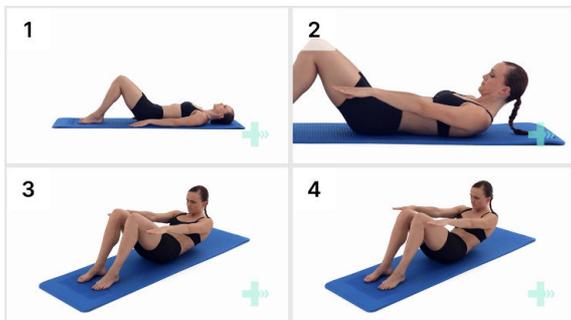
Pull your bellybutton towards your spine and clench your buttock muscles to roll the tail bone up off the floor.

The majority of the effort should come from your abdominal and buttock muscles.

Your lower back should press firmly into the floor.

Relax and repeat.





25. "Crunch" Core/abdominal strengthening; 01

Lie on your back with your legs bent and your feet on the floor. Lift your arms off the floor and tuck your chin to your chest. Reach your hands towards your knees, curling your upper body off the floor. Control the movement back down, keeping your chin tucked in. You may find it helps to push your tongue into the roof of your mouth.

1 Set / 10 Reps



26. "Dead bug" Core/abdominal stabilization; 02

Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees. Raise your arms straight up vertically over your head. Keeping your back flat, lower the opposite arm and leg away from one another towards the floor. Do not allow anything else to move and make sure your back stays flat on the floor. Return to the start position and repeat with the other pair.

1 Set / 10 Reps



27. "Bridge" Core/hip stabilization, with band, straightening leg

Tie a resistance band around both thighs just above your knees. Lie on your back with your knees bent and legs hips width apart. There should be tension in the band. Raise your hips up into a bridge, keeping the knees hips width apart. Maintaining this space, straighten one leg out in front of you. Bring the leg back to the ground. Control the movement back down to the start position, maintaining constant tension on the band.

1 Set / 10 Reps / 3 s hold



28. "Bridge" Core/hip stabilization, straightening leg (alternate); 01

Lie on your back with your knees bent and your feet flat on the floor. Tighten your buttock muscles and lift your hips up into the bridge position. Lift one foot off the floor then straighten your knee until it is aligned with your other thigh. Hold this position. Lower the leg back on the floor and repeat with the other leg. Make sure you keep your hips up and level throughout the movement.

you can spread feet farther apart . start with 5 each side. work up to 10

29. "Plank, kneeling" Core/scapular strengthening isometric; 02

Lie down on a mat on your front.
Lift your chest up off the floor using your forearms.
Lift your hips up, keeping your knees on the floor.
You should have a straight line from your knees to your shoulders.
Keep your shoulders strong and do not sink down at the hips or the chest.
Hold for as long as you can.
Relax and return to the starting position.



1 Set / 5 Reps / 10 s hold

30. "Plank (low)" Core/scapular strengthening isometric; 01

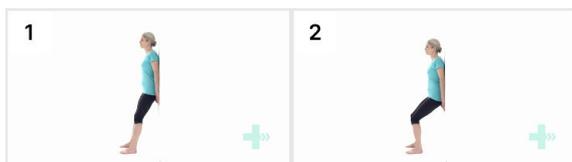
Lie on your front with your toes on the floor.
Place your forearms on the floor and push up, lifting your torso and legs.
Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.
Keep your buttocks squeezed and your hips level.
You will feel the core muscles working.



1 Set / 10 Reps / 5 s hold

31. "Squat, on wall" Lower body strengthening- to comfort

Stand up straight leaning your back on a wall.
Step your feet forwards, away from the wall.
Your feet should be shoulder width apart.
Keep your back against the wall whilst you bend your knees and slide down the wall.
Your knees should travel over your second and third toes.
Only go as far as you feel able to before holding this position.
Slowly straighten your knees back up to standing.



1 Set / 5 Reps

32. "Glute crab walk" Hip abduction/external rotation strengthening with band; 02

Stand with you feet hip-width apart.
Place a resistance band loop around your legs just above your knees.
There should be tension in the band.
Turn your feet outwards.
Step sideways, keeping your foot turned out.
As you step, squat down, dropping your hips down between both feet.
Take a step with your other leg bringing it next to the leading leg while keeping the tension in the band.
Straighten back up as you take this step.
Repeat the sequence.





33. Hip series - 1) Clamshell 2) Abduction 3) Extension 4) Clamshell 5) Bridge; 01

Start in a side-lying position with a resistance band placed just above your knees. Perform the following exercises:

- 1: Stack your legs on top of each other and bend the knees at 90 degrees. Now try to open up your legs by moving your top knee away from the bottom knee. Return to the starting position and repeat the exercise.
- 2: Keep lying on your side and extend your top leg, lift your leg sideways and move against the resistance. Try to move back slowly and controlled.
- 3: Lie on your front and try to extend your leg backward, while keeping your pelvis on the floor. Alternate your legs.
- 4: Turn on your other side and try to repeat the first two exercises on this side.
- 5: Move onto your back and bend your knees. Now try to lift your pelvis off the floor in a 'bridge' position, until your knees, hips and shoulders are in line.

when on your tummy dont prop up on elbows. Lay flat.

34. "Clamshell" Hip external rotation strengthening, with band; 02



Lie on your side and place a band above your knees, approximately an inch or two above the knee joint. Bend your legs a little, keeping the feet in line with your back. Use your core stability muscles to keep the body stable. Keeping your feet together, lift the top knee up against the resistance of the band. Ensure you stay on your side and do not roll your hips and your body back with the movement. Lower the knee back down, controlling the resistance.

- 10 fast
- 10 slow

35. Hip abductors foam rolling, side lying; 02



Sit on the floor and place a foam roller underneath one buttock. Slightly turn towards the side of the roller and bring your other leg cross the leg you are massaging. Keep the leg you are massaging straight. Support your upper body on your arm and use your bent leg to move back and forth and massage the side of your buttock.

36. Gluteals massage with trigger point release (spiky ball), sitting

Place the spiky-ball on the floor and position your affected buttock on the ball. Using your arms, move your buttock over the ball. You can vary the amount of pressure through your gluteal region by changing the amount of weight you place through your arms. When you find a particularly tender area, hold this position, increasing the pressure through the ball.

