



1 Set / 10 Reps / 10 s hold



1. "Child's pose" Shoulder/trunk extensors stretch, quadruped; 04

The kneeling child's pose helps to stretch out your spine and improves the flexibility of your hips and knees

Move down onto your hands and knees, with your hands under your shoulders, and knees under your hips.

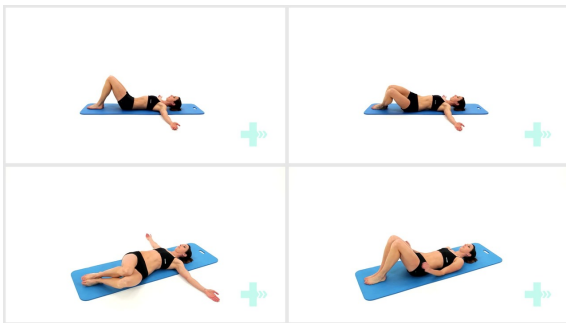
Drop your buttocks back onto your heels.

Stretch your hands forwards, dropping your head between your shoulders towards the floor.

You will feel this stretch through your back and upper arms, hold and focus on relaxing your back and legs.

can walk hands to either side

1 Set / 10 Reps / 10 s hold



2. Trunk rotation/lateral hip stretch, legs side to side

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

Extend your arms out to the sides and keep your shoulders on the mat at all times.

Keeping your knees together, drop them down to one side, rotating your torso.

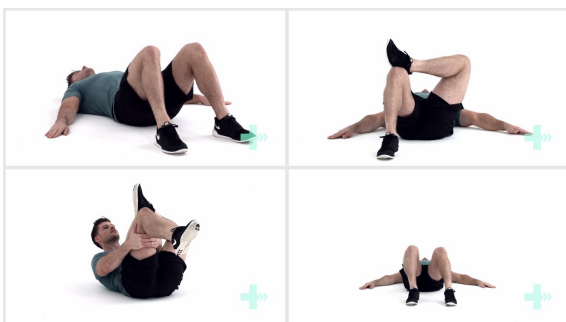
Return to the starting position and allow your knees to fall to the opposite side.

Only drop your knees as far as you go comfortably.

You may want to hold the stretch on each side.

to each side

1 Set / 10 Reps / 10 s hold



3. "Figure 4" Piriformis/gluteals stretch, supine; 02

Start position is lying on the back with the legs bent and the feet on the floor.

Lift one leg and cross that ankle over the opposite knee.

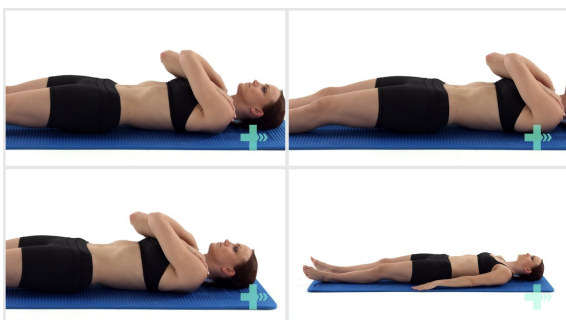
Reach between the legs grasping the back of the knee of the lower leg and then pull both legs in towards the chest.

The non-stretch leg should exert a slight pressure that assists in pushing the crossed leg upwards toward the chest.

Hold for 15 seconds and repeat for the other side.

to both sides

1 Set / 20 Reps / 5 s hold

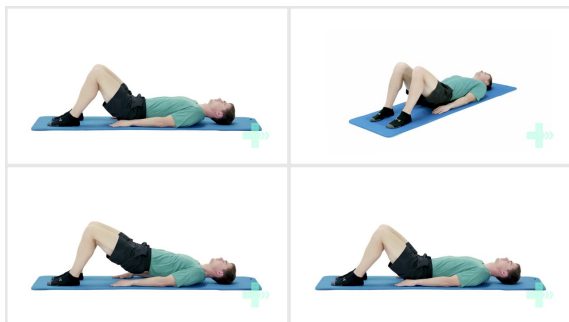


4. Hip gluteal strengthening isometric, in supine; 01

Lie on your back with your legs straight.

Clench your buttocks together and hold this position.

Relax and then repeat.



5. "Bridge" Core/gluteals strengthening; 03

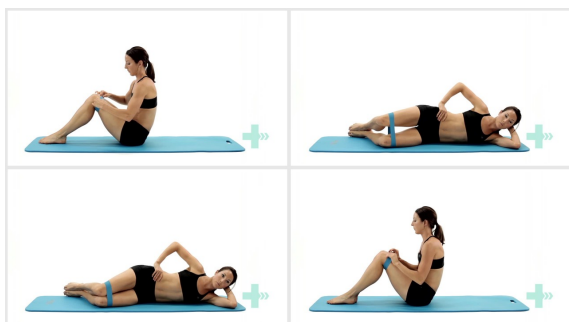
Lie on your back with your knees bent and feet flat on the floor. Maintain a hips width distance between your knees and feet. Tighten your buttock muscles and lift your hips towards the ceiling until you have a straight line from your shoulders to your knees.

Hold this position.

Control the movement as you lower back down to the floor and repeat.

Make sure to squeeze the glutes before lifting your hips. Hold 5 seconds at the top. If you have low back pain with this please see me for further instruction

3 Sets / 10 Reps



6. "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.

5 second hold at the top. Do not let your hips open up. If you need a resistant band please see me.

3 Sets / 10 Reps / 1 s hold



7. "Cat and camel" Trunk flexion/extension AROM, leading with breath, hands on fists, quadruped

The cat and camel exercise helps to stretch your spine and helps with improving the mobility of your trunk.

Start on your hands and knees, with your knees directly underneath your hips and your hands underneath your shoulders and your back in a neutral position.

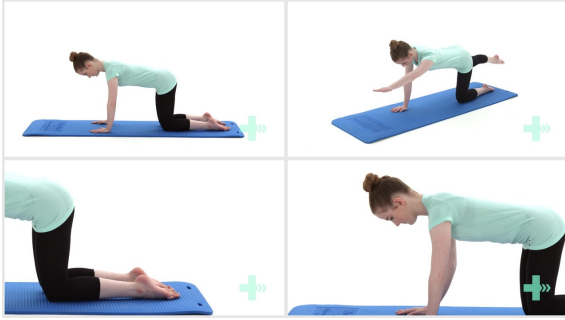
Make a fist if your hands can not be laid flat on the floor.

Contract your abdominal muscles, making sure that your spine is well aligned with your back straight as a table-top.

Inhale, and arch your spine away from the floor, pulling your belly up like a cat.

When it comes time to exhale, round your spine in the opposite direction, lowering your belly towards the floor and lifting your head.

Rest for a few seconds and repeat as directed.



8. "Bird dog" Core stabilization, alternating arm and leg raises; 03

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

Make sure your back is flat.

Gently squeeze your pelvic floor and stomach muscles.

Without moving your back, slowly lift one arm out in front, and the opposite leg out behind you.

Bring both the arm and leg back down.

Repeat with the other opposite pair.

Keep your back still throughout the movement.

hold core tight and keep back flat and hips level. (leg doe not have to be the height of the hip