

1



LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

5



QUADRUPED ALTERNATE ARM AND LEG

While in a crawling position, slowly draw your leg and opposite arm upwards.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day

2



PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

6



PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.

Repeat 3 Times
Hold 20 Seconds
Perform 1 Time(s) a Day

3



PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

4



BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as shown.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day