



1 rep, 1 set, 1 s hold

1. Spine rotation - single leg 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 rep, 1 set, 1 s hold

2. Piriformis stretch

Lie on your back and bend your affected knee. Cross this leg over your other knee, placing the outside of your ankle just above the knee of your good leg. Let the knee on your affected leg drop out to the side, and bend the good leg, sliding your heel towards your buttocks. You may feel a stretch through your affected buttock. To increase this stretch, interlace your fingers behind the thigh of your good leg, and pull your thigh in towards you, lifting the foot off the ground. To increase this stretch further still, push your elbow into the thigh of your affected leg. Hold this position.



1 rep, 1 set, 10 sec duration

3. SLR neural glide

Lie on your back. Bend your affected leg in towards you until you can clasp your hands together behind your thigh. Hold this position with your leg supported in your arms and slowly straighten out your knee until you reach the point of tension. Do not push further past this point. Lower your foot slightly and lift your head to your chest and then relax your head back as you raise your foot again. Perform this exercise in one fluid movement. Relax and repeat.



5 reps, 5 sets, 5 s hold

4. Bilateral knees to chest

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.

- Rock knees from side to side



1 rep, 1 set, 30 s hold

5. Hip flexor stretch in stand

Start in a standing position. Move your affected leg one pace backwards. Hold on to a support if you feel you need it. Keeping your feet in this position, drive your hips forward and lift up your chest. It is ok for the back knee to bend a little and for your heel to come up off the floor. You should feel a stretch in the front of your hip. Hold this position and then return to the starting position and then relax.



6. Cat and camel pose

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 rep, 5 sets, 1 s hold



7. Child pose

Get onto your hands and knees, and 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.

5 reps, 1 set, 5 s hold
