



#### **SACRO-ILIAC MOBILISATION**

Lie on your back with your pelvis in neutral position, legs straight, feet hip-width apart. Slide your heel along the floor away from you as far as it will go then relax the leg. Repeat with the other leg. Alternate and repeat.

SETS & REPS: 10-20 reps

FREQUENCY: Daily



#### **FLEXION IN LYING**

Lying on your back with your knees bent, flex your hips as far as you can. Grasp your knees and pull your legs to your chest. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### **LUMBAR ROTATION STRETCH**

Lying on your back, bend one hip and knee to 90° and rotate your hips as far as you can to one side. Use your hand to pull your knee towards the floor and hold. Ensure your opposite shoulder does not lift off the floor.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### **LUMBAR ROTATION STRETCH**

Sit on the floor with one leg straight. Bend your other leg over the straight leg. Use your arm against the bent leg to rotate your trunk towards that side as far as you are able.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### **FLEXION IN SITTING**

Sitting on stool with your legs apart, lean forward and grab your ankles with each hand. Bend down between your legs as far as possible. Hold the stretch and then return to an upright position pushing on your knees with your hands.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### **LUMBAR STRETCH**

Kneeling on the floor, place your hands out in front of you. Sit backwards onto your heels to curve your spine as far as you can. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### **GLUTEAL STRETCH**

Sit on the edge of a chair and place your ankle on your opposite knee. With both hands, grasp your knee and pull towards your opposite shoulder until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



#### **GLUTEAL STRETCH**

Standing, place one foot on a high table/bench. Lean your hips forwards pushing your hip further into flexion, until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day