

Sets: 1 • Reps: 1

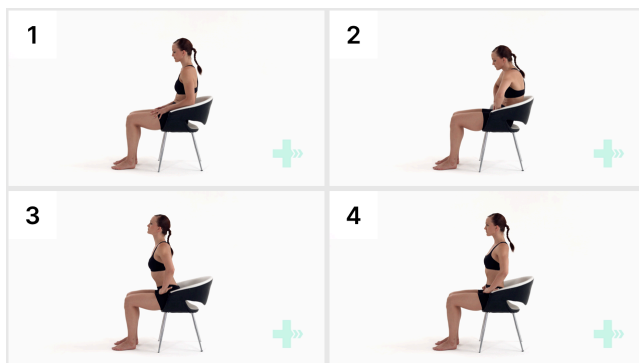


### 1. Exercise Safely

Your health and safety is our priority.

Before commencing this exercise program, please refer to the safety instructions at the end of this document.

Sets: 3 • Reps: 3 • Hold: 30s



### 2. Sitting finding pelvic neutral

Sit upright on a chair.

Your knees should be slightly lower than your hips and your feet flat on the floor.

Place your hands on your hips.

Start in a slumped position with your weight through your tail bone.

Gradually roll yourself up from your tail bone until your weight is through your seat bones.

Lift your head up and look straight ahead.

Roll back in to the slumped position, through your tail bone and repeat, sitting as tall as you can through your seat bones.

From this position, roll slightly back until your weight is centrally through your pelvis and your lower back has a very slight arch to it with your shoulders back and down and your head looking straight ahead.

This is pelvic neutral.

Sets: 3 • Reps: 5 • Hold: 15s



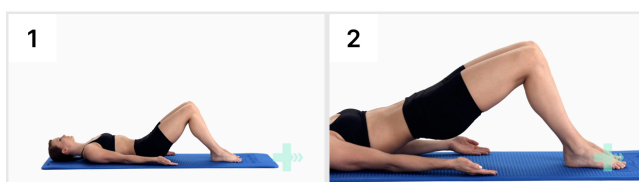
### 3. Child pose

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.

Sets: 3 • Reps: 6



### 4. Pelvic tilt into bridge

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

Activate your core stability muscles, tilting your pelvis towards you so that your lower back flattens and your tail bone rolls off the floor.

Now tighten your buttock muscles and continue to peel the rest of your spine off the floor until you are in a bridge position.

Hold in the bridge position before you then lower, keeping your navel drawn in and slowly lowering your spine back down onto the floor one vertebrae at a time.

Keep your buttocks tight until your pelvis rests on the floor.

**5. Hip flexor stretch hugging knee to chest**

Additional instructions:

Perform each side

Instructions:

Lie on the bed with your legs hanging off the of the end of the bed.

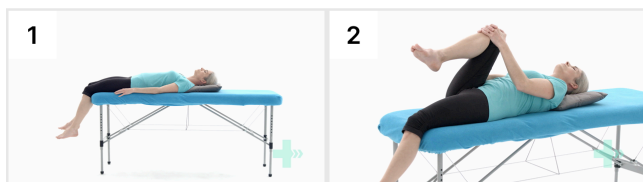
Bring your unaffected leg in towards your chest.

Hug your unaffected knee into your chest.

Your other leg should remain dangling off the edge of the bed.

You should feel a stretch in the front of your hip.

Hold this position before relaxing your leg back down.



Sets: 3 • Reps: 8 • Hold: 3s

**6. Bird dog knee to elbow**

Additional instructions:

Perform each side

Instructions:

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

Tighten the abdominal and pelvic floor muscles.

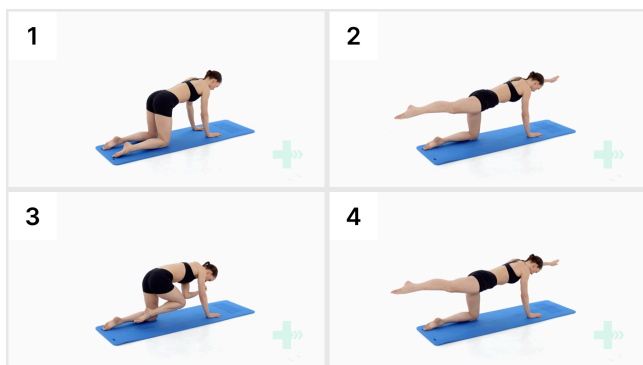
Straighten your opposite leg and opposite arm simultaneously, making sure you maintain good control in your torso.

Do not allow your body or hips to rotate.

Hold this position, then bring both the elevated arm and leg in towards your belly button, aiming to touch your knee to your elbow.

Allow your back to bend to do this.

Extend your arm and leg again to repeat the movement.



Sets: 3 • Reps: 8

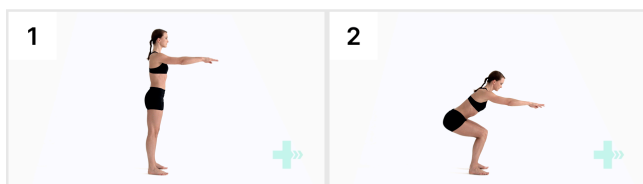
**7. Squat**

Stand with your feet shoulder-width apart.

Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes.

Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.

As you squat, bend from your hips and keep your back straight.



Sets: 3 • Reps: 8

**8. Forwards and sideways stepping**

Additional instructions:

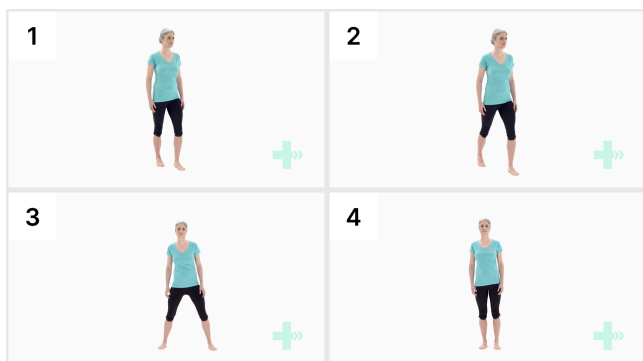
Perform each side

Instructions:

Start in a standing position.

Stand on your affected leg and then take two steps forward with your other leg.

Return to the starting position and now take two steps sideways with your other leg and return to the starting position.



**9. Quadriceps stretch**

Additional instructions:

Perform each side

Instructions:

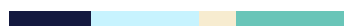
Start in a standing position. Use a desk for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

Lift your leg as high as possible and try to keep your knee bent at a right angle.

Hold for a few seconds, and then repeat for the other leg.






# Exercise Safely



## Your health and safety is our priority

Exercise forms an important part of recovery from a range of musculoskeletal conditions. This exercise program is general in nature, and provided as a starting point for managing your symptoms that is safe and, in most cases, effective. If you are unsure how to do these exercises safely, or are inexperienced with exercises like these, please seek advice from your physiotherapist prior to commencing.

## Please seek advice from a qualified health professional if:

-  You are experiencing high levels of pain, pain that is unrelenting, or pain that is impacting your normal daily activities including sleep.
-  If you are experiencing neurological symptoms such as altered sensation, pins and needles, weakness, or loss of normal function.
-  If these exercises or any other activities are making your pain worse.