

2 Sets / 20 Reps

1. "Squat" Core/lower body strengthening, arms forward; 02

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.

Hold 2 seconds at the bottom



2 Sets / 20 Reps

2. Lunge, walking

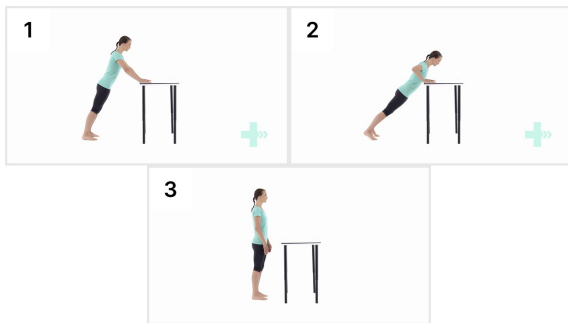
Stand up straight.
Take a large step forwards into a lunge.
Both hips and knees should be at 90 degrees as you lunge down.
Make sure your front knee is directly above your ankle and pointing forwards.
Push up, stepping your back leg to the front leg.
You may touch this foot to the ground, or bring it straight through to repeat the movement, leading with your other leg.
Continue this sequence in a straight line.



2 Sets / 15 Reps

3. "Push up" Chest/shoulder strengthening, standing, hands on table

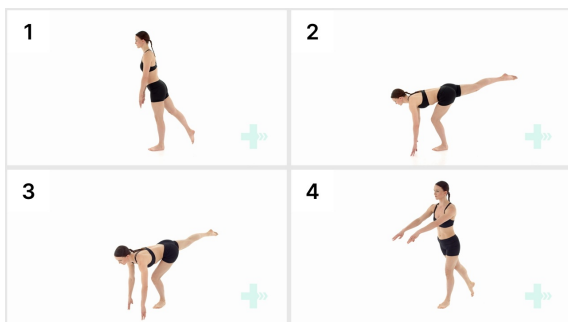
Stand up straight facing a sturdy surface the height of a sink or worktop.
Place your hands onto the worktop slightly wider than shoulder-width.
Lean against the worktop, and walk your feet back so that you have a straight line from your head to your feet.
Keeping your legs and body in a straight line, bend your elbows, bringing your chest and hips in towards the worktop.
Make sure your body stays straight.
Push through your hands to straighten your arms back out again.
Continue this movement.

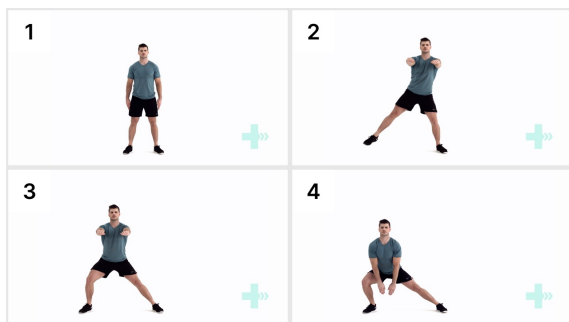


2 Sets / 10 Reps

4. "Hip hinge, single leg squat" Posterior chain strengthening, reaching to floor

Stand up straight on your affected leg.
Lift your other leg out behind you.
Take your gaze to approximately one stride in front of you.
Ensuring your knee travels directly over your toes, perform a squat on your stance leg.
As you bend your knee, lean your body forward, reaching your hands towards the floor.
Control the movement as you straighten back up again and repeat.
Ensure you hold your elevated leg in a steady position throughout.



**5. Lunge, lateral, arms forward (alternate)**

Start position is standing with the legs slightly bent into a crouch and the arms in the ready position placed in front of the trunk.

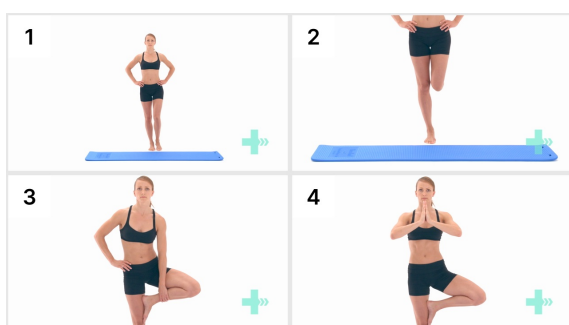
Stay in the crouch and side step to the side.

A slight stretch should be felt in the groin as the trail leg straightens.

Stay in the crouch with the trunk upright, and then back to the starting position, remaining in the crouch position.

Repeat in the opposite direction using the other leg.

1 Set / 2 Reps / 60 s hold

**6. "Tree pose" Balancing single leg with palms together; 01**

Stand with your legs hip-width apart.

Shift your weight onto your right leg, lift your left foot and place it on the inside of your knee or higher up on the thigh.

Bring your knee out to the side for external rotation in the hip.

Maintain your balance and push the palms of your hands together at chest level with your elbows out to the sides.

1 Set / 3 Reps / 20 s hold

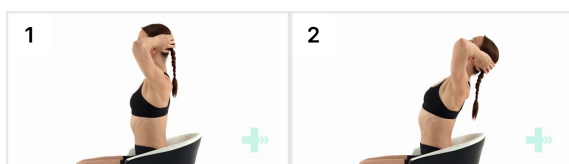
**7. Upper trunk rotation AROM, end range assisted, sitting; 01**

Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further.

This should feel like a stretch through the torso.

Inhale sit tall and then exhale twist - Repeat 3 x on each side

1 Set / 3 Reps / 20 s hold

**8. Thoracic extension stretch, over back of chair, hands behind head, sitting; 01**

Sit up straight on a chair.

Place your hands behind your head and extend your upper back over the top of the chair.

Hold this position.

Tighten up abdominal muscles to protect low back.

9. "Figure 4" Piriformis/gluteals stretch, sitting; 02

Start in a seated position.

Cross the symptomatic leg your ankle is resting on, to the opposite knee.

Apply gentle pressure to the knee as you lean forward, increasing the depth of the stretch.

Hold this position, you should feel a comfortable tension with no pain.

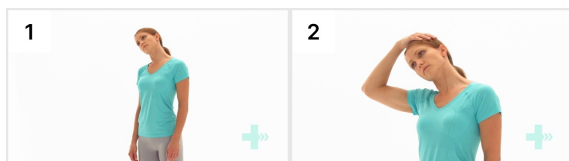
**10. "Upper trapezius stretch" Cervical side bending stretch, standing**

Gently tilt your head to one side until you feel the stretch on the opposite side.

If it's comfortable for you, apply some gentle pressure on the side of your head with one hand to increase the stretch.

Repeat on the opposite side.

HOLD each stretch for 5 deep breathes. 1x/day

**11. Chest/shoulder/thoracic stretch, lifting interlaced hands behind, standing; 01**

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.

Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

