

2 Sets / 10 Reps / 5 s hold



1. Bridge

Lie on your back.
 Bend both knees and place your feet flat on the bed.
 Lift your buttocks from the bed.
 Place your buttocks back on the bed.
 Repeat this exercise and remember to continue to breathe properly.

5 Sets / 5 Reps / 1 s hold



2. Lumbar extension in prone

Lie on your front with your palms on the floor by your shoulders.
 Slowly push up through your hands, arching your lower back.
 Stop at the point you feel a stretch in your lower back.
 Keep your hips on the floor at all times.
 Hold this position, then slowly lower your body back down.

2 Sets / 10 Reps / 1 s hold



3. Transversus abdominus bent knee fall out

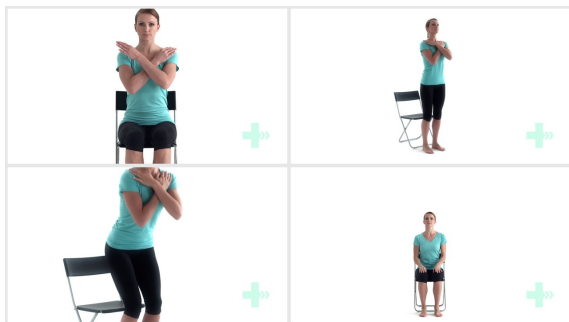
Lie on your back with your knees bent and your feet flat on the floor.
 Place your hands on your lower tummy, just inside your hip bones.
 Gently tighten your tummy muscles.
 You should feel your back flatted on to the floor.
 Do not hold your breath.
 Allow one knee to slowly fall out to the side.
 Do not allow your back or pelvis to move.
 Control the movement as you bring the knee back up to the starting position.

2 Sets / 10 Reps



4. Standing active hip abduction

Stand straight, holding a chair or table for balance.
 Keeping your affected leg straight, slowly move it out to the side.
 Control the leg as you bring it back in to the starting position, and then repeat the movement.
 Make sure you do not lean your body or hitch your hip up as you move your leg.



5. Sit to stand no arms

Sit in a chair with your feet flat on the floor.

Cross your arms in front of your chest so you are not tempted to push off of your thighs for momentum.

Stand up, then slowly sit back down and repeat a number of times.

Can complete through the day