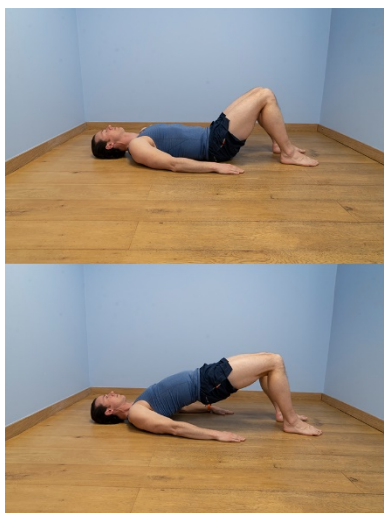


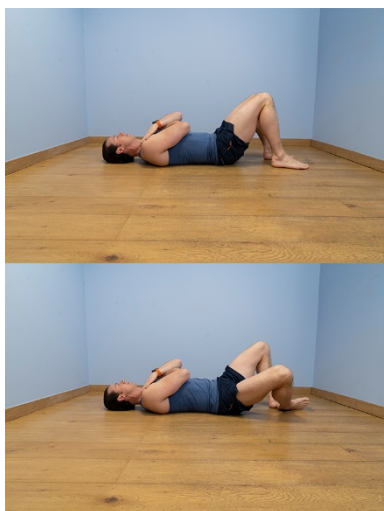
Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

Pain should not exceed 3/10 whilst completing this exercise programme.



### 1. Bridge in lying 15 reps / 2-3 sets / 1 minute rest

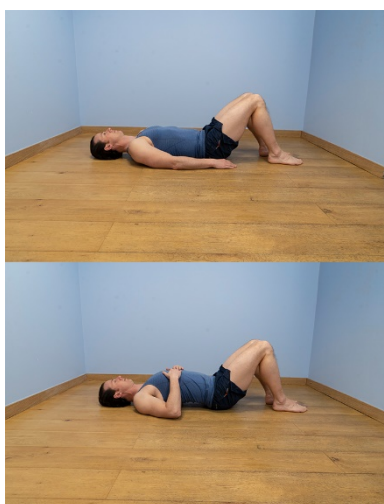
- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Lift your hips off the floor. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.



15 reps / 2-3 sets / 1 minute rest

### 2. Bent knee fall out

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Drop one knee out slowly towards the floor (approximately half way).
- Whilst performing this movement try not to let the hips/pelvis follow the movement of the leg i.e. keep the hips/pelvis still.
- Slowly return the leg to the start position and repeat on the other leg.



15 reps / 2-3 sets / 1 minute rest

### 3. Pelvic tilt in lying

- Lie on your back on the floor or bed, with your arms down by your side.
- Begin by flattening the base of your spine into the bed/floor (you will need to engage your tummy muscles to do this).
- Now arch your lower back, moving it away from the bed/floor.
- Try and do this without moving the whole spine and instead being focussed on the lower back moving in isolation.
- Make the movement smooth and continuous.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.