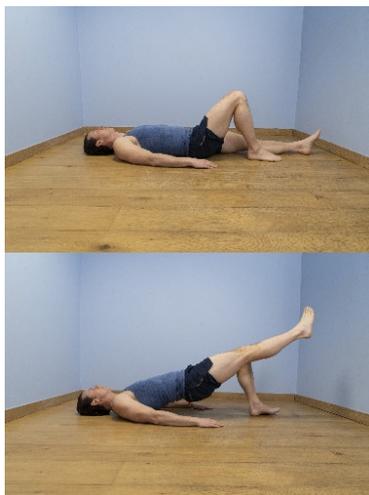


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Bridge with leg lift

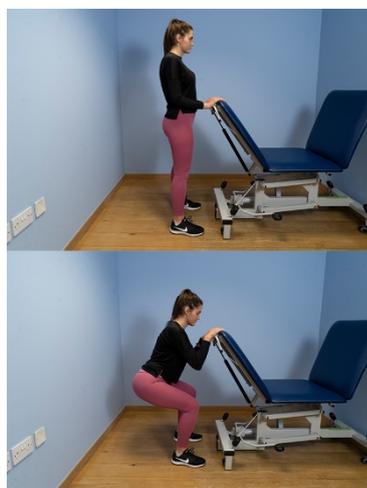
- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Push your heels down into the floor to gently lift your hips upwards. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- From this position lift one leg slightly off the floor and return.
- Repeat on the opposite side.
- Try and keep the pelvis still.



2 reps / 30 second hold / 1 minute rest

2. Piriformis stretch in sitting

- Start in sitting on a kitchen chair (not too soft).
- Bring the left foot onto the top of the right knee.
- Now gently apply some downward pressure to the left knee.
- Once you have done this slowly lean forwards until you feel a stretch in the bum muscle on the left side.
- Repeat on the other leg.



15 reps / 2-3 sets / 1 minute rest

3. Supported double leg squat

- Start with the feet shoulder width apart and hold onto a stable object (e.g., Bannister or kitchen sink) at about waist height.
- From this position bend your knees and sit backwards as if you are sitting into a chair.
- As you do so lean slightly forwards at the hips so that your head stays over your feet.
- Make sure that your weight is going through your heels at all times.
- Go as low as you feel comfortable but no lower than your thighs parallel with the floor.

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.