

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.

10 reps / 2-3 sets / 1 minute rest

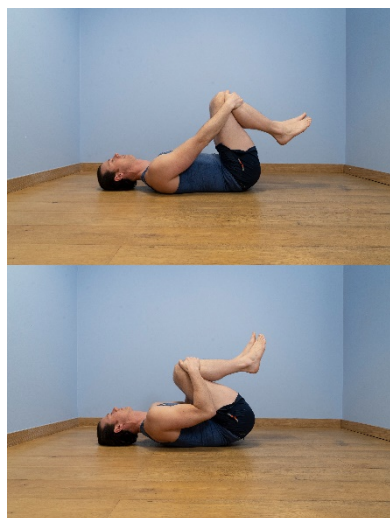


1. Forward bending and arching in standing

- Start standing upright with knees slightly bent.
- Place your hands on your thighs.
- Take a breath in.
- As you exhale slide your hands down your legs allowing your back to bend as you do.
- Go down as far as you feel comfortable and then slowly return to standing.
- Now lean slightly backwards as far as you feel comfortable.
- Keep the knees slightly bent at all times.



10 reps / 2-3 sets / 1 minute rest

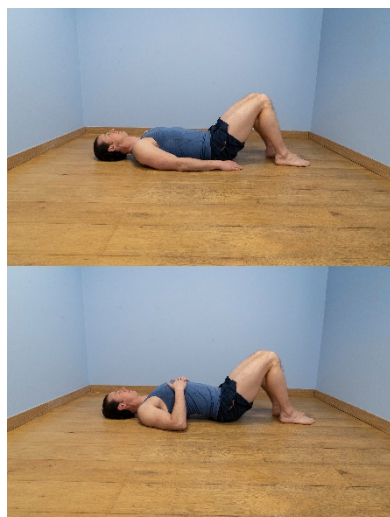


2. Knee hugs in lying

- Lying on your back.
- Place your hands either on top of your knees or behind your knees.
- Pull your knees towards your head.
- Allow the lower back to rise slightly off the floor creating a slight bend.
- Hold for a few seconds at the top, lower and repeat.



15 reps / 2-3 sets / 1 minute rest



3. Pelvic tilts

- 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.
- Try and engage your stomach muscles to flatten your lower back against the floor/bed.
- Next try and arch your lower back as if you were going to try and place your hand in the small of your back.
- Repeat this moving constantly between a flat back and an arch back in a slow and continuous motion.

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.