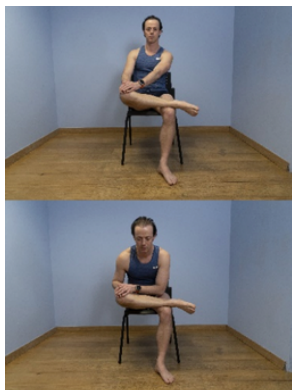
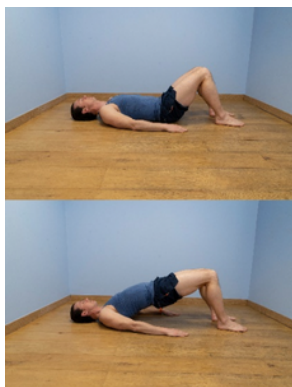


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



1. 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
- **Hold the position for up to 30 seconds, rest for 1 minute.**
- **Repeat routine twice.**



2. Bridge in lying

- 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.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.
- **Perform the exercise 15 times, rest for 1 minute.**



3. Isometric hip abduction against the wall

- Stand side-on and slightly away from a wall with the affected side closest to the wall.
- Bend the knee of the leg closest to the wall and press it against the wall - keep the knees in line.
- Hold this position at around 70% effort – you should feel this working around the top, outer region of the buttock.
- **Hold position for 10 seconds.**
- **Perform this exercise up to 15 times, rest for 1 minute.**