

Stretching exercises

1. Hip Flexor Stretch

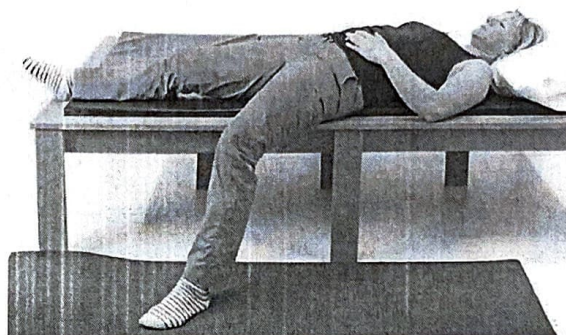
Sets: 2 | Reps: 5 | Hold: 20-30 secs |
Frequency: as needed

Preparation:

- Lie on your back with one leg hanging off the edge of the bed, the other leg straight on the bed

Execution:

- Relax and breathe while you stretch the front of your hip



Lying on your back, one leg hanging off the edge, the other straight on the bed, relax and breathe

2. Hamstring Stretch

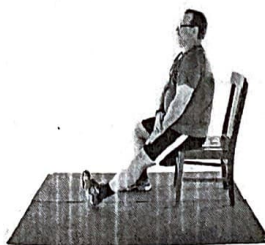
Sets: 2 | Reps: 5 | Hold: 20-30 secs |
Frequency: as needed

Preparation:

- Sit on the edge of a chair

Execution:

- Put one leg out front
- Keep your knee locked
- Lean forward from the hips
- You should feel a stretch in the back of your leg



Eyes and head forward, hands resting on thigh, toes toward the ceiling



Hinge at hips to feel stretch in the back of the thigh

3. Gastrocs Stretch (Wall)

Sets: 2 | Reps: 5 | Hold: 20-30 secs |
Frequency: as needed

Preparation:

- Stand in front of a wall with one leg forward and one leg back

Execution:

- Keeping your back leg straight and heel on ground, lean forward bending your front knee



Eyes and head forward,
hands relaxed on wall,
belly button pulled in



Bend elbows to move
closer to the wall to
stretch the back leg,
keep front knee behind
toes

4. Lumbar Rotation Stretch | Top Down

Sets: 2 | Reps: 5 | Hold: 20-30 secs |
Frequency: as needed

Preparation:

- Lie on your side

Execution:

- Bend your hip and your knee to 90 degrees
- Now let your upper back rotate towards the bed



Lie on side, hold leg



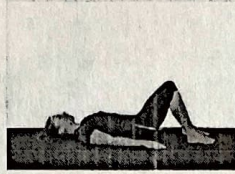
Rotate upper back
toward bed

3. Abdominal Prep

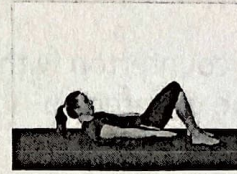
Sets: 2 | Reps: 10 | Hold: 5 seconds | Frequency: daily

Preparation:

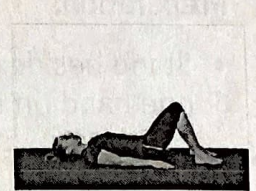
- Lay on your back, knees bent hip width apart, feet flat
- Arms rest palm down at your side
- Find your neutral spine and pelvic position



Breath in,
activate
abdominals to
lift



Breath out,
back of neck
long, lower
back neutral



Breath in,
return with
control

Execution:

- Lift your head, shoulders and rib cage off the mat

4. Anti-Rotation Press (Band)

Sets: 2 | Reps: 10 | Hold: 5 seconds | Frequency: daily

Preparation:

- Stand with good posture
- Have band pulling from the side as shown



Start Position



Press band
away



Start Position



Press band
away

Execution:

- Press band away

5. Lumbar Flexion Quadrant Stretch

Sets: 2 | Reps: 5 | Hold: 20-30 secs |
Frequency: as needed

Preparation:

- Sit with good posture, knees slightly apart

Execution:

- Slowly lower your hands towards your left foot.
- Let your head, neck and trunk slump forwards and to one side
- Repeat this stretch to the centre and to the opposite side



Start Position



Sag trunk forward and to the side

Cores and Lt leg strengthening

1. Pelvic Tilts

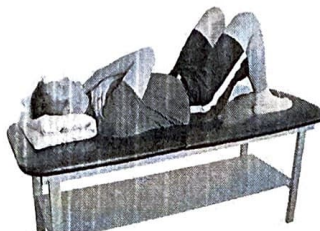
Sets: 2 | Reps: 10 | Hold: 5 seconds | Frequency: daily

Preparation:

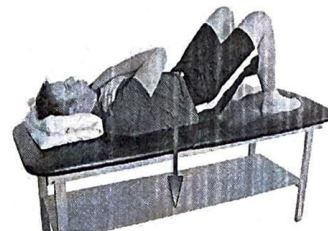
- Lie on your back with your arms across your chest
- Bend knees up so that your feet are flat

Execution:

- Rotate your hips by slightly lifting your lower back off the floor
- Rotate your hips by gently pushing your lower back into the floor



Rotate your hips by slightly lifting your lower back off the floor



Rotate your hips by gently pushing your lower back into the floor

2. Clamshell

Sets: 2 | Reps: 10 | Hold: 5 seconds | Frequency: daily

Preparation:

- Lie on your side with your hips at 45 degrees and your knees at 90 degrees
- Position your hand on your front hip and buttock muscles

Execution:

- Lift your top knee keeping your feet together
- Keep your pelvis stable while you lift your leg



Start position



Contract buttock muscle



Lift top knee up (open like a clam) keeping your pelvis stable