

FLEXION IN LYING

Lying on your back with your knees bent, flex your hips as far as you can. Grasp your knees and pull your legs to your chest. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



LUMBAR ROTATION STRETCH

Lying on your back, bend one hip and knee to 90° and rotate your hips as far as you can to one side. Use your hand to pull your knee towards the floor and hold. Ensure your opposite shoulder does not lift off the floor.

SETS & REPS: 30sec hold

FREQUENCY: 3-4 x day



LUMBAR STRETCH: DOUBLE-LEG ROTATION

Lie on your back with your knees bent, feet on the floor and arms outstretched. Drop your knees to one side as far as you can, rotating your lower back. Try to keep your shoulders on the floor. Hold for 30 seconds then relax. Repeat.

SETS & REPS: 1-3 reps

FREQUENCY: 1-3 x day

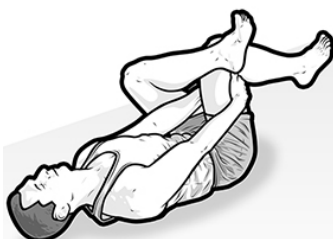


PIRIFORMIS STRETCH

Lying on your back, bend one leg up as far as you can and grasp your knee with your opposite hand. Pull your leg towards your opposite shoulder until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



GLUTEAL STRETCH

Lie on your back and cross your ankle over your opposite knee. Now, bend your leg up towards you as far as you can. Grasp behind your knee with both hands and pull your leg towards your chest until you feel a stretch in your gluteals. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day