

Sets: 1 • Reps: 1 • Hold: 15s

1. Hip flexor stretch in stand

Start in a standing position.

Move your affected leg one pace backwards.

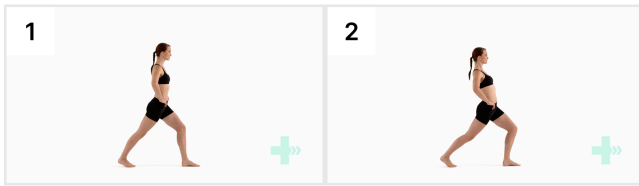
Hold on to a support if you feel you need it.

Keeping your feet in this position, drive your hips forward and lift up your chest.

It is ok for the back knee to bend a little and for your heel to come up off the floor.

You should feel a stretch in the front of your hip.

Hold this position and then return to the starting position and then relax.



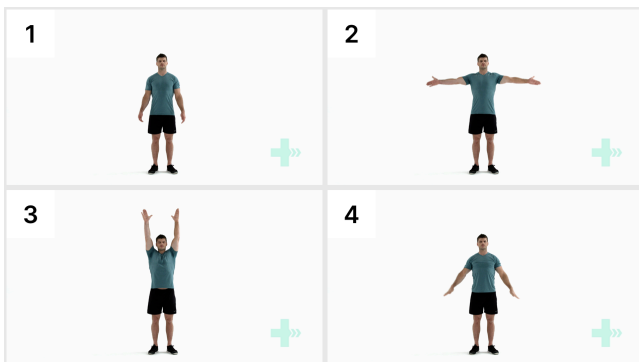
Sets: 1 • Reps: 1

2. Shoulder abduction

Stand tall with your arms at your sides.

Pull your shoulder blades back and down towards your buttocks and raise your arms to the side until directly overhead.

Lower to the starting position and continue the movement to complete the set.



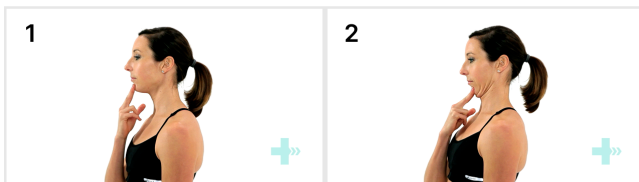
Sets: 1 • Reps: 10 • Hold: 1s

3. Chin tuck

Stand straight, looking ahead, and place two fingers on your chin.

Push your chin so that your head goes straight back, lengthening through the back of your neck, and keeping your eyes forwards.

Hold, and then relax.



Sets: 1 • Reps: 10

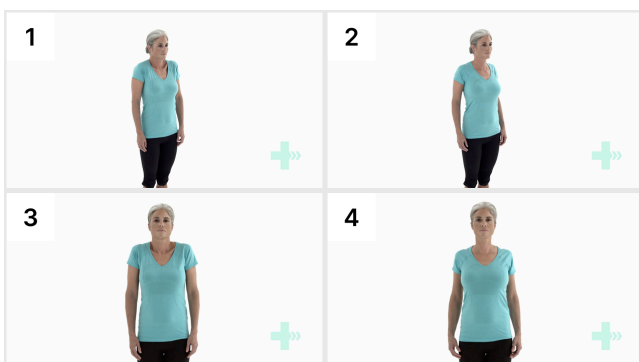
4. Shoulder rolls standing 1.2b (warm up)

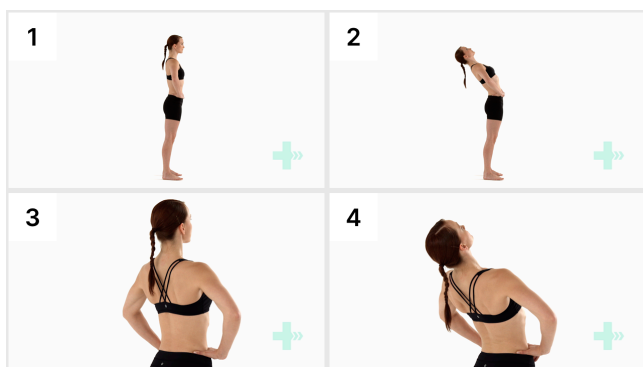
Stand upright and prepare to start the shoulder roll exercise.

This exercise is very important for maintaining good posture and mobility in your shoulders and upper back

Shrug your shoulders up towards your ears; now slowly roll them backwards and downwards whilst trying to squeeze your shoulder blades together.

Relax and return back the starting position and repeat as directed.





5. AROM standing trunk extensions

Stand with your legs at hip width apart and straight.

Place your hands on your hips.

Lean your body backwards, trying to arch in the lower back as much as you can, lifting your chest up towards the ceiling.

Try to avoid allowing your hips to swing forwards too far.

Hold this position before returning to the start position.

Sets: 1 • Reps: 10

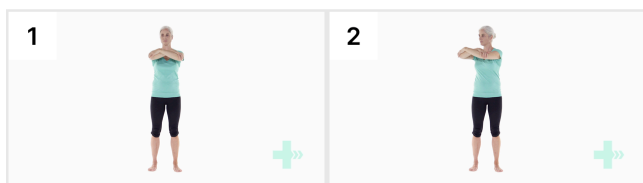
6. Standing trunk rotations (arms clasped)

Stand up straight and clasp your elbows in opposite hands across the front of your body.

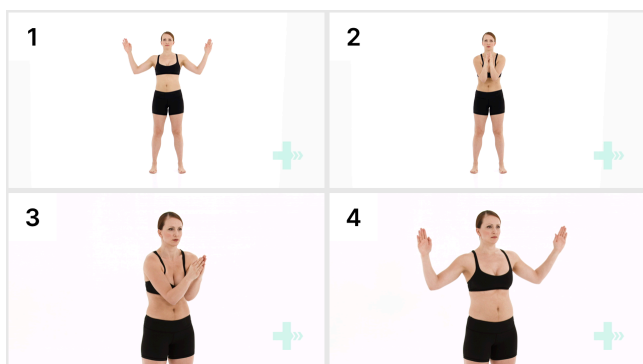
Your feet should be slightly wider than hips-width apart.

Keeping your posture upright, rotate around to one side and then the other.

Move your head with the movement.



Sets: 1 • Reps: 5 • Duration: 30s



7. Breathing control in standing

Stand up straight with your legs hip width apart.

Lift your arms out to your sides and bend your elbows to 90 degrees.

Your forearms and hands should point up to the ceiling.

Ground yourself through your feet.

Take a deep inhale in, allowing your abdomen to expand filling the air in the base of your lungs.

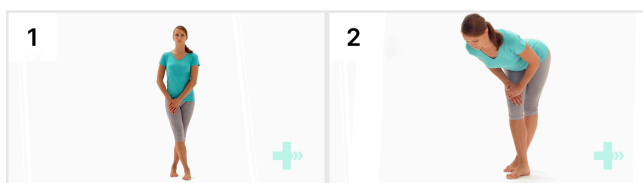
As you exhale, bring your arms round in front of you to touch.

Allow your upper back to round and your tummy muscles to tighten gently to assist the air out your lungs.

Inhale, opening your arms again and breathing deeply into your abdomen.

Continue this movement as a steady pace.

Sets: 1 • Reps: 1 • Hold: 15s



8. Hamstring stretch in standing, legs crossed

Stand with one leg crossed over the front of the other.

The front leg will be the one most stretched.

Keeping your back straight tip forwards from your hips pushing your buttocks out behind you.

Hold this position and keep your back straight as your return back up to the standing position.

(Note; this is a softer version of the hamstring stretch exercise that reduces load on the lower back).

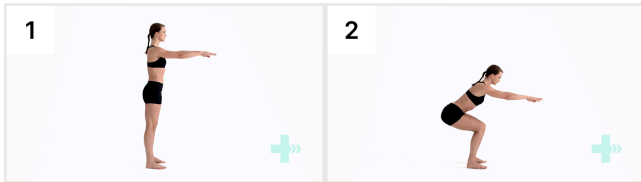
9. Squat

Stand with your feet shoulder-width apart.

Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes.

Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.

As you squat, bend from your hips and keep your back straight.

**10. Sit to stand, normal height - no hands**

Sit upright on a chair, and position yourself close to the edge.

Your legs should be hip width apart.

Tuck your feet back, so that they are under your knees.

Fold your arms to avoid using them to push up from the chair.

Lean your body forward, and push through your legs to stand up straight.

Ensure you fully straighten your hips once you are standing.

