

Sportreat and TotalLife Care
 367 Canning Highway
 Palmyra WA 6157
 Palmyra, WA, 6157

2 Sets / 1 Rep / 60 s hold



1. Transversus abdominus in crook lying

Lie on your back with your knees bent and your feet flat on the floor.
 Place your hands on your lower tummy just inside your hip bones.
 Gently tighten your tummy muscles, pulling your belly button in towards your spine.
 You should feel your back flatted on to the floor.
 Do not hold your breath.
 Relax and repeat.

Decompression

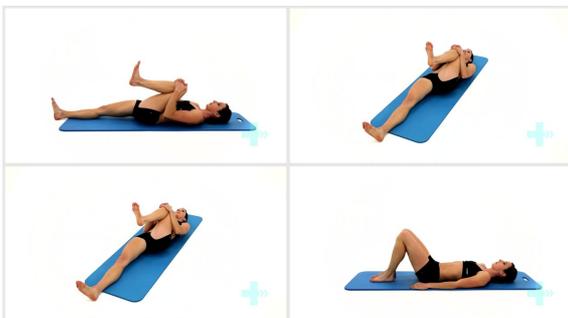
2 Sets / 10 Reps / 0 s hold



2. Supine knees side to side

Lie on your back with your knees bent and your feet flat on the floor.
 Extend your arms out to the sides and keep your shoulders on the mat at all times.
 Keeping your knees together, drop them down to one side, rotating your torso.
 Return to the starting position and allow your knees to fall to the opposite side.
 Only drop your knees as far as you go comfortably.
 Hold the stretch on each side if you are able to.

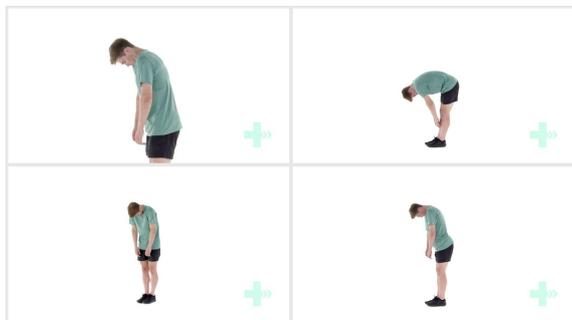
2 Sets / 2 Reps / 30 s hold



3. Supine passive hip flexion/glute stretch

Lie on your back with your legs straight.
 Hug the knee of the affected leg in to your chest as far as you can go comfortably.
 Pull the knee in towards the mid line of your body to increase this stretch.

Towards opposite shoulder + rotate lower leg around



4. Forward trunk flexion in standing

Stand up straight.

Relax your arms by your side and bring your legs and feet together.

Starting at the top of your head, tuck your chin into your chest.

Round the top of your back and your shoulders.

Allow your arms to dangle directly down towards your feet.

Continue rounding your back one vertebra at a time.

Keep your weight in the balls of your feet, allowing your hips to push back slightly behind you.

Once you have reached the point where you have a uniform curve from the top of your spine to the base, control the movement as you return to the starting position. Ensure you reverse the movement, straightening one vertebra at a time.

Trace hands down the front of your legs in order to measure your progress

2 Sets / 10 Reps / 0 s hold



5. Standing side flexion stretch

Stand with your legs at hip width apart and your feet firmly on the floor with your arms by your side.

Reach one hand down to the side towards your knee, leaning your body with the movement.

Hold this position.

Lean to the other side, hold this position and return back upright.

Note: the stretch can be increased by reaching overhead with your arm.