



LUMBAR ROTATION STRETCH
Lie on your side with your lower leg straight and top leg bent to the desired level with your knee resting on the floor. Rotate your chest to face the ceiling. Hold for 30 seconds then relax. Repeat.


SETS & REPS: 1-3 reps **FREQUENCY:** 1x day

1
LUMBAR ROTATIONS
Lie on your back with your knees bent, feet on the floor and arms outstretched (1). While keeping your shoulders flat on the floor, slowly roll your knees to one side as far as you can, rotating your lower back (2). Slowly return to the start position (1) and rotate to the opposite side. Repeat.


2

SETS & REPS: x 20 **FREQUENCY:** Daily




HAMSTRING STRETCH
Place your heel on a knee-height table/chair with your knee straight and tilt your pelvis forwards. While keeping your back straight, lean forward until you feel a stretch in your hamstring. Hold.

SETS & REPS: 30sec hold **FREQUENCY:** x 2 day



HIP FLEXOR STRETCH
Half-kneeling, rotate your pelvis backwards as you move your hips forward until you feel a stretch in the front of your hip. Hold.

SETS & REPS: 30sec hold **FREQUENCY:** 2x day



EXTENSION IN STANDING
Standing, place your hands on your lower back and extend backwards as far as you are able. Relax and repeat.

SETS & REPS: 10 reps **FREQUENCY:** 5 x day

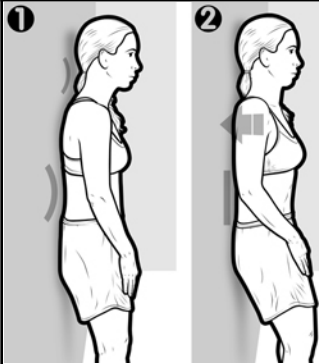


LEFT SIDE FLEXION

Standing with your arms by your side, side flex to the left as far as you can, sliding your hand down your thigh as you bend. Ensure you do not bend forward or rotate your trunk as you move. Return to upright and repeat. Repeat for the other side

SETS & REPS: 5 reps

FREQUENCY: 2-3 x day



POSTURE CORRECTION AGAINST WALL

Lean against a wall with your knees slightly bent and approximately a foot from the wall (1). Flatten your lower back against the wall by drawing your belly button towards your spine and rotating your pelvis backwards. Simultaneously pull your shoulder blades back and down, and slide the back of your head up the wall. Maintain for 2 breaths. Relax and repeat.

SETS & REPS: 10 reps

FREQUENCY: Daily

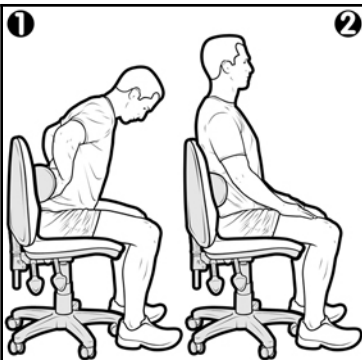


STANDING THORACIC ROTATION

While standing, rotate your trunk to the right as far as you can. Try to keep your hips facing forwards. Relax and repeat.

SETS & REPS: 10 reps

FREQUENCY: 3 x day



SITTING POSTURE

When sitting, position your bottom at the back of your chair with your feet flat on the floor. Lean forward and place a lumbar roll behind the small of your back (1) then assume an upright sitting posture with your shoulders relaxed (2). Maintain this sitting position and remember to take regular breaks.

SETS & REPS: N/A

FREQUENCY: N/A