



## WALKING + LIGHT WORK

Walk around for 5/10 mins before starting any heavy work.

SETS & REPS:

FREQUENCY: Daily



## 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. Small pulsing action to mobilise the lower back

SETS & REPS: 2 mins

FREQUENCY: 2 x day

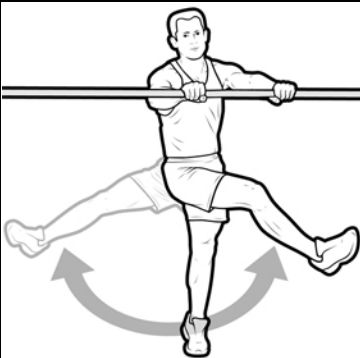


## LUMBAR STRETCH: WITH LATERAL FLEXION

Kneeling on the floor, place your hands together out in front of you to one side. Sit backwards onto your heels to curve your spine as far as you can. Inhale and slide your finger tips forward and out to one side until you feel a stretch. Hold for 30 seconds then relax.

SETS & REPS: 1 per side

FREQUENCY: 2 x day



## ADDUCTOR LEG SWINGS

Standing on your toes while holding a high bar/rail for support, starting with small actions, swing your leg in a semi circular motion, increase the range of motion over 90 secs each side

SETS & REPS: 90 secs/side

FREQUENCY: Daily



## 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: 1 x day



## LONG ADDUCTOR STRETCH

Standing with your feet as wide apart as possible. Push your hips forward until you feel a stretch in the inner thighs of both your legs. Hold.

SETS & REPS: 30sec hold

FREQUENCY:

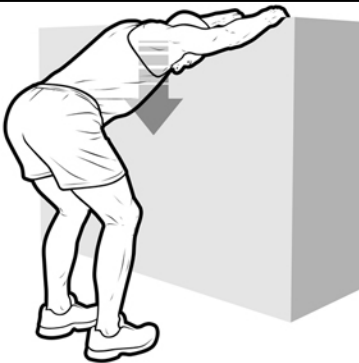


## STANDING THORACIC ROTATION

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

SETS & REPS: 10 each side

FREQUENCY:



## LATISSIMUS DORSI STRETCH

Grasping a fixed surface with both hands (at approximately chest height), slowly lean your trunk forward as far as you can, keeping your back straight. Push your chest down towards the floor until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: