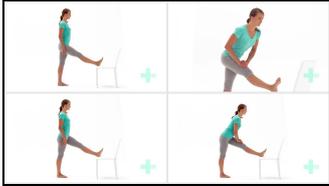


### 1. SLR neural glide

Lie on your back. Bend your affected leg in towards you until you can clasp your hands together behind your thigh. Hold this position with your leg supported in your arms and slowly straighten out your knee until you reach the point of tension. Do not push further past this point. Lower your foot slightly and lift your head to your chest and then relax your head back as you raise your foot again. Perform this exercise in one fluid movement. Relax and repeat.

1 rep, 1 set, 10 sec duration



### 2. Hamstring stretch in stand

Place the foot of your affected leg onto a chair or step. Keep your knee straight and foot pointing ahead. Keeping your back straight, tip forwards from your hips, pushing your buttocks out behind you until you feel a stretch down the back of your thigh. Hold this position.

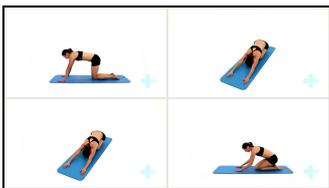
3 reps, 2 sets, 30 s hold



### 3. Bent-leg body twist variation - restricted mobility of the lower back

Lie on your back in the supine position with your legs bent and your feet flat on the floor. Extend your arms at a 45 degree angle to your trunk with your palms facing downwards. Raise your head just off the floor and keep your chin tucked in. Maintain contact between your knees and feet, and tighten your abdominal muscles for the duration of the exercise. Now rotate your legs to the left to the limit of your ability, make sure the opposite shoulder remains in contact with the floor throughout the movement. Move back to the neutral position and repeat, alternating sides for the desired number of repetitions. Do not rotate the legs to a point beyond which the arms and shoulders can no longer maintain contact with the floor. Perform this exercise in a slow controlled, manner within the range of your mobility.

1 rep, 1 set, 1 s hold



### 4. Child pose

Get onto your hands and knees, and drop your buttocks back onto your heels. Stretch your hands forwards, dropping your head between your shoulders towards the floor. You will feel this stretch through your back and upper arms.

1 rep, 1 set, 1 s hold



### 5. Cobra pose

Lie on your stomach. Place your hands underneath your shoulders. Squeeze your elbows in toward your rib cage throughout the whole movement. Press the top of your feet down into the floor and engage your quads so the knee caps lift off the floor. Engage your abdominals so that the pubic bone presses down to the floor. And then engage your back muscles to lift up into extension. Slide your shoulder blades down your back and make sure you keep elbows and shoulders down. Slide your shoulder blades down your back, and then push off the floor into the Cobra position. Remember to keep your elbows close to your rib cage and your shoulder blades down.

1 rep, 1 set, 1 s hold



### 6. Cat and camel pose

Start on your hands and knees with your back in a neutral position. Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine. Hold this position. Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back. Hold this position, and then repeat.

1 rep, 1 set, 1 s hold



### 7. Psoas stretch with side flexion

Kneel down and step your good leg out in front of you. Keeping your body upright, drop your hips forwards, stretching the front of the rear hip. Holding this position, lean your body to the side over your front leg, reach your outside arm up and over to increase the stretch.

1 rep, 1 set, 1 s hold



### 8. Psoas stretch

Step forward into a lunge position, leaving the leg to be stretched behind. Make sure all of your toes are pointing straight forward. Lean forwards onto the front leg, driving your hips forwards and keeping your chest up. Lift your arms up close to your ears, and lean towards the side of the front leg. You will feel the stretch in the front of the hip.

1 rep, 1 set, 1 s hold