



1. Long sit rotation

Sit on the floor and raise your right leg and cross it over the left leg so your right foot is placed just outside of your left knee. Straighten your left arm and place your elbow on the right side of your knee. For stability use your right hand, which is still behind you. Hold the stretch for the required duration with controlled breathing. Return to the starting position and repeat for the other side.

1 rep, 1 set, 1 s hold



2. Pigeon stretch

Start on your hands and knees. Cross the symptomatic leg underneath you, then lower your hips down to the ground. Rest your body forwards on your arms. You should feel a stretch across the buttock.

1 rep, 1 set, 1 s hold



3. Piriformis stretch

Lie on your back and bend your affected knee. Cross this leg over your other knee, placing the outside of your ankle just above the knee of your good leg. Let the knee on your affected leg drop out to the side, and bend the good leg, sliding your heel towards your buttocks. You may feel a stretch through your affected buttock. To increase this stretch, interlace your fingers behind the thigh of your good leg, and pull your thigh in towards you, lifting the foot off the ground. To increase this stretch further still, push your elbow into the thigh of your affected leg. Hold this position.

3 reps, 1 set, 30 s hold



4. PSOAS muscle stretch [30400]

Kneel down on one knee. Ensure your rear knee is directly under your hip and your front knee is in line with your front heel. Now tuck your bottom under, opening out through the front of the hip you are kneeling on. To increase the stretch, gently lean to the opposite side and place the arm of the same side you are stretching up above your head and stretch towards the ceiling. Maintain the position for 30-60 seconds.

1 rep, 1 set, 1 s hold



5. Bridging - Simple

Lie on your back with your knees bent and your feet flat on the floor. Gently tilt your pelvis as if you are imprinting your lower back into the floor and lift your hips up into the air while still holding your pelvis level. Hold in the bridge position before you then lower, keeping your navel drawn in and slowly lowering your spine back down onto the floor, one vertebrae at a time. Keep your buttocks tight, until your pelvis rests back down on the floor.

1 rep, 1 set, 1 s hold



6. 4 point kneeling, opposite arm and leg lift

Start on your hands and knees, with your hands under your shoulders, and knees under your hips. Make sure your back is flat. Gently squeeze your pelvic floor and stomach muscles. Without moving your back, slowly lift one arm out in front, and the opposite leg out behind you. Bring both the arm and leg back down. Repeat with the other opposite pair. Keep your back still throughout the movement.

1 rep, 1 set, 1 s hold
