

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



## 1. Child's pose stretch

- Start in a kneeling position.
- From here reach your hands out as far in front of you as possible on the floor with one hand on top of the other.
- Now sit slowly backwards onto your heels until you feel a stretch in your back.
- Note: If you cannot kneel then this exercise can also be done in standing with your hands in front of you on the kitchen table or worktop.
- Hold for 20 seconds relaxing into the position.
- **Perform this exercise up to 5 times, rest for 1 minute.**
- **Repeat routine 1-2 times.**



## 2. Forward bending in standing

- Start standing upright.
- Place your hands on your thighs.
- Slide your hands down your legs allowing your back to bend as you do.
- Go down as far as you feel comfortable and then slowly return to standing.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



## 3. Standing rotation

- Start standing upright.
- Take your right arm up to shoulder height and out to the side.
- From here reach across your body as far as you can until you are level with your left shoulder.
- You can move your upper body and pelvis but keep your feet on the floor.
- Repeat this motion using the left arm and then continue alternating between the left and the right arms.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**