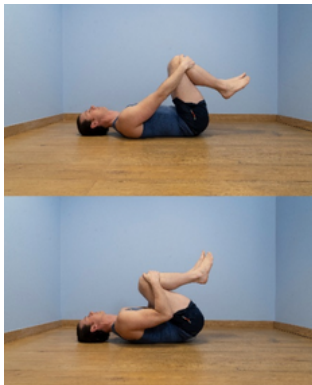


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



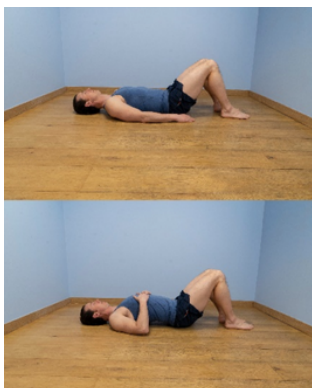
1. Forward bending in standing

- Start standing upright.
- Place your hands on your thighs.
- Take a breath in.
- As you exhale 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.**



2. Knee hugs in lying

- Lie on your back.
- Place your hands either on top of your knees or behind your knees.
- Pull your knees towards your head.
- Allow the lower back to rise slightly off the floor creating a slight bend.
- Hold for a few seconds at the top, lower and repeat.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Pelvic tilts

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Try and engage your stomach muscles to flatten your lower back against the floor/bed.
- Next try and arch your lower back as if you were going to try and place your hand in the small of your back.
- Repeat this moving constantly between a flat back and an arch back in a slow and continuous motion.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**