

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. Bodyweight squats

- Stand with your feet hip width apart and your arms across your chest.
- Sit back as if you are sitting into a chair.
- At the same time your head should move forwards to keep your balance.
- As you do this, aim to keep your back straight.
- Go down as far as you feel comfortable or until your thighs are parallel with the floor.
- Come back up to standing and repeat.
- **Perform this exercise up to 15 times, rest for 2 minutes.**
- **Repeat routine 2-3 times.**



## 2. Forward bending and arching in standing

- Start standing upright with knees slightly bent.
- 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.
- Now lean slightly backwards as far as you feel comfortable.
- Keep the knees slightly bent at all times.
- **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 3 times.**