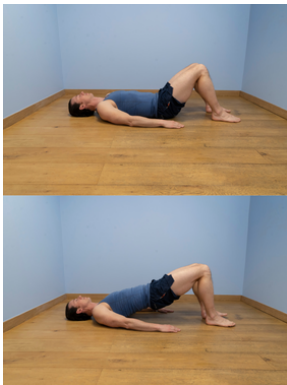
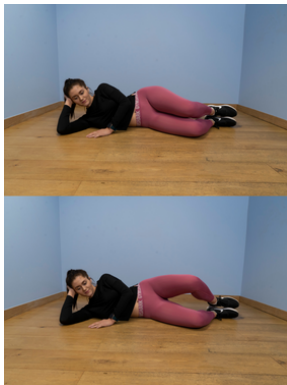


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



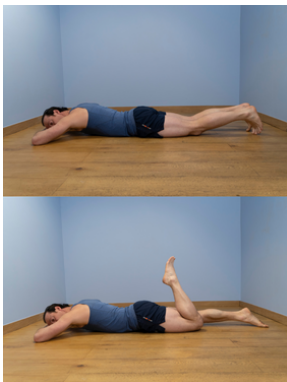
### 1. Bridge in lying

- 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.
- Push your heels down into the floor to gently lift your hips upwards. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 2. Clam

- Lay on your side with the targeted leg on top.
- With the ankles and knees pressed together, bend the knees and hips to 90 degrees.
- Keep the feet together and lift the top knee up towards the ceiling ensuring that you keep your pelvis stable to stop it rolling backwards.
- Hold at the top of the available range of motion for 3 seconds before slowly lowering the knee back down.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 3. Prone knee bend

- Lying on your front gently pull your knee up and backward so it is as close to your buttock as possible.
- Then Point the toes as far as you are comfortable to hold for up to 5 seconds.
- Then pull your toes up and lower your leg, repeat
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**