

# Meralgia Paraesthetica

## Early Programme

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.



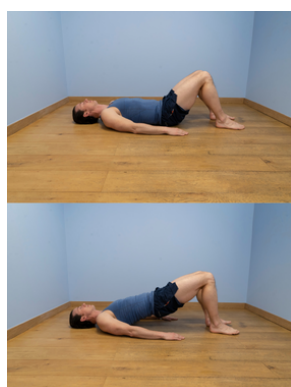
### 1. Quad stretch - chair

- Standing up tall where you have something to hold onto.
- Place the leg you are looking to stretch on a chair or sofa.
- Once in this position stand up tall.
- If you are not feeling a stretch at the front of the thigh then focus on trying to push your hip on that side forwards.
- **Perform this exercise up to 5 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 2. 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 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 3. 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 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.