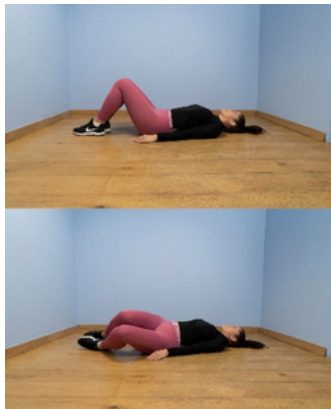


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



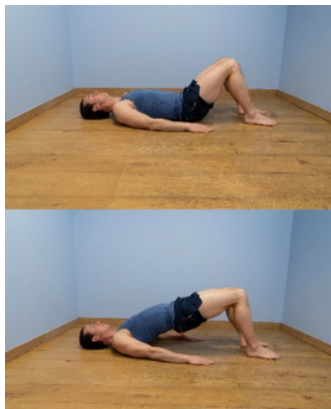
### 1. Forward bending in sitting

- Begin sitting with your feet on the floor.
- Slide your hands down your legs so as to bend your spine forwards.
- Try to get your chest towards your knees as far as possible without pain.
- Slowly return to an upright position and repeat.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



### 2. Knee rolls whilst lying on your back

- Lie on your back with your feet on the floor and knees at 90 degrees.
- Keeping your feet and knees together, roll your legs side to side.
- Ensure that the movement is smooth (not fast, not slow) and that you only go as far as is comfortable.
- **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, 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 to 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.