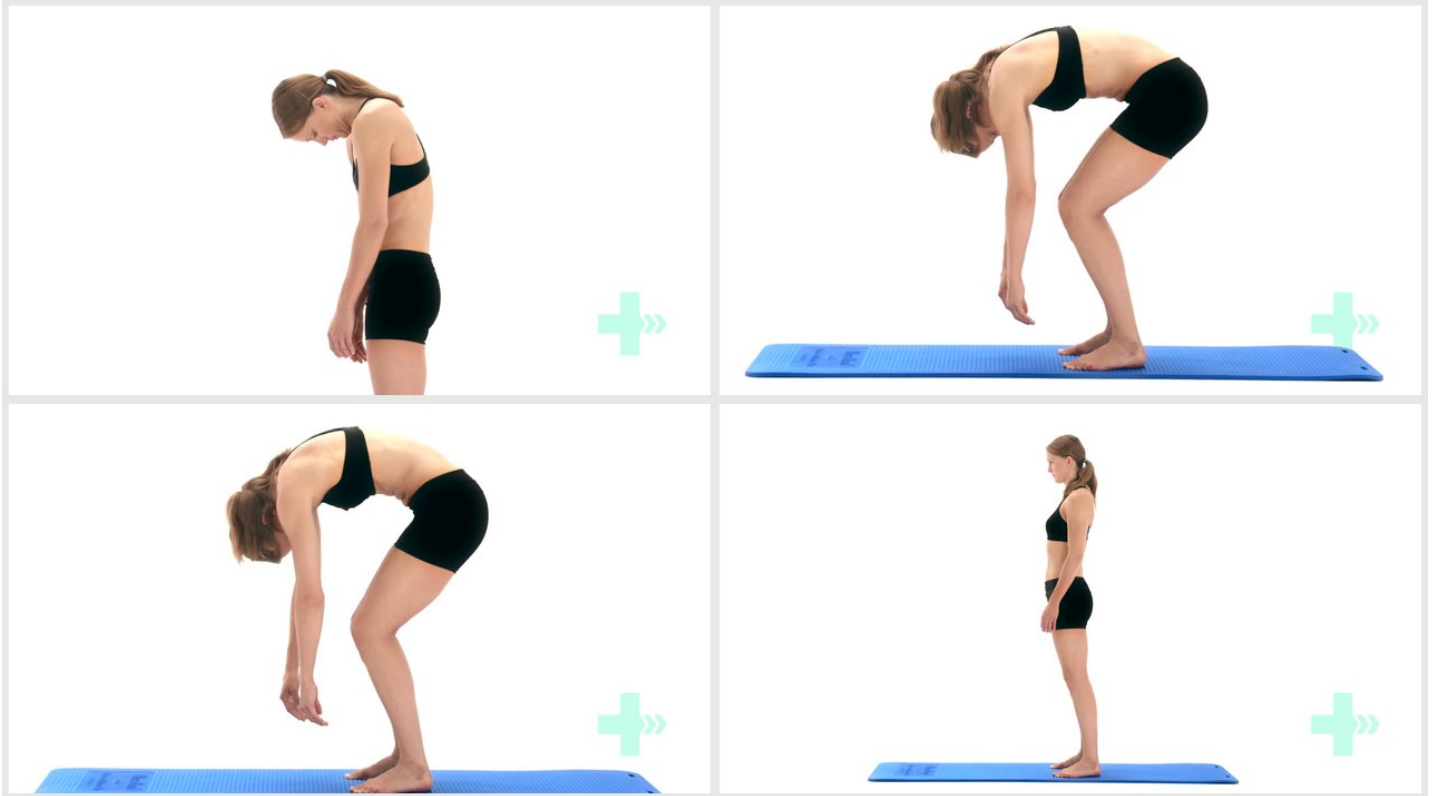


BC

1. Standing roll knee bend

1 Set / 1 Rep / 10 sec duration



Stand up straight with your feet hips width apart and inhale.

As you exhale, begin the movement by tucking your chin in to your chest and rounding your shoulder blades.

Pull your tummy in as you begin to bend both knees and roll your upper body down.

Let your arms hang loosely in front of you.

Stop as your hands are in line with the middle of your shins.

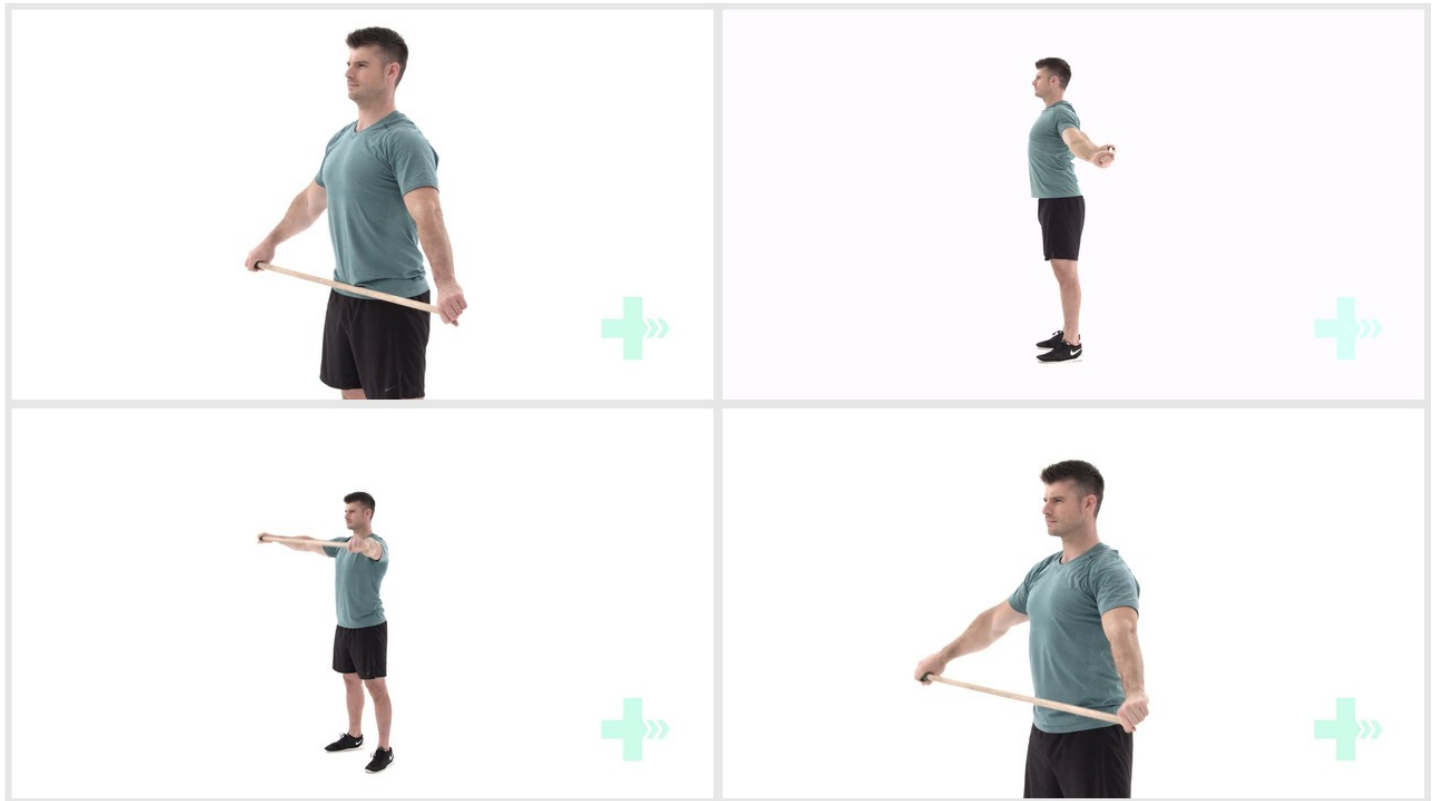
Inhale whilst holding this position.

Exhale and begin to unroll your body by gathering your tummy and pushing your shoulder blades upwards.

Straighten your legs, then begin to bring your body upright, drawing your shoulder blades back and down, and finally lifting your head back up.

2. Shoulder rotations with dowel

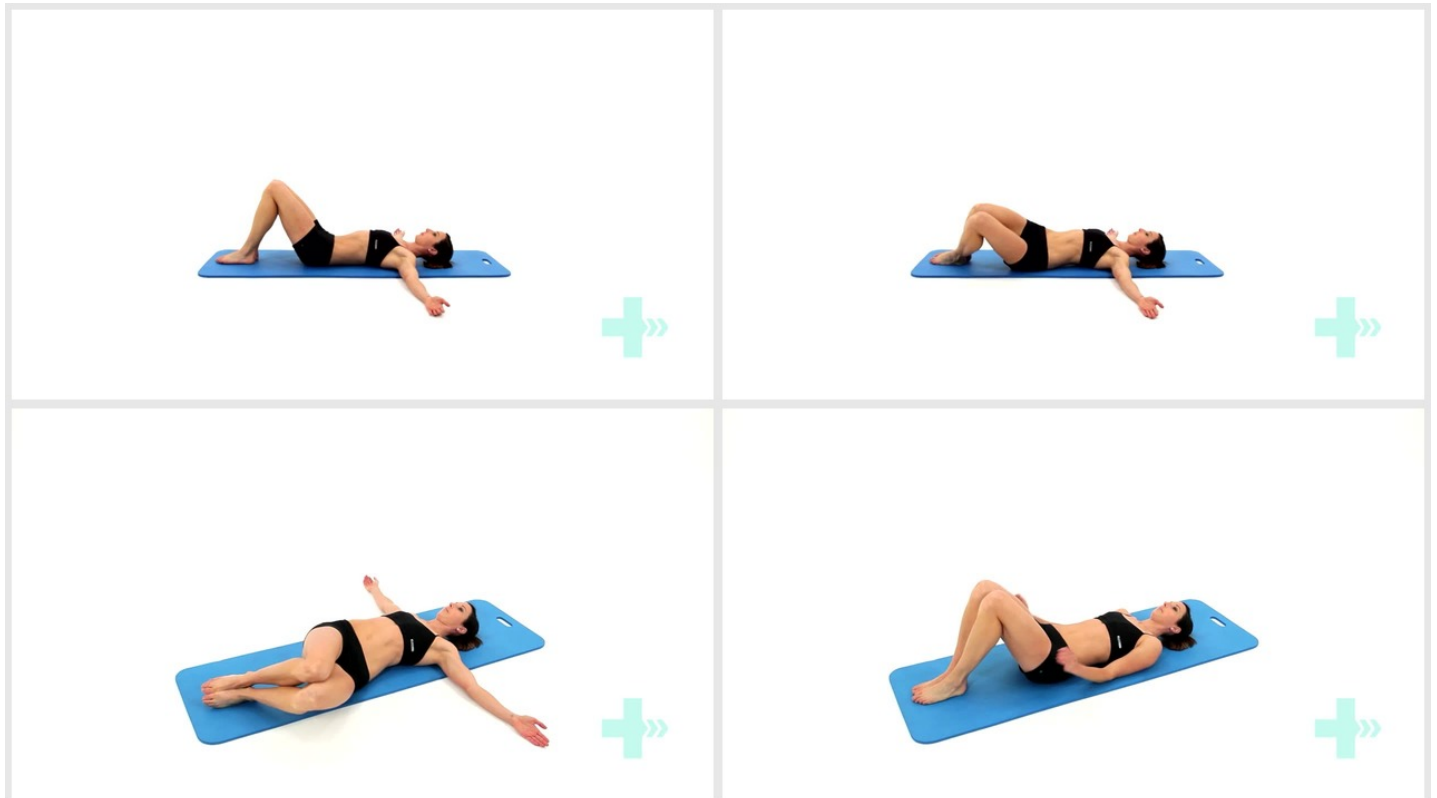
1 Set / 1 Rep



Stand feet-shoulder width apart holding a dowel with a relaxed grip.
Pull your shoulder blades back and down and keep your stomach tight.
Keeping the arms straight rotate the dowel overhead and into the small of your back under control.
Repeat the movement pattern in the opposite direction.

3. Lower trunk rotation

2 Sets / 10 Reps / 1 s hold



Lie on your back with your knees bent and your feet flat on the floor. Extend your arms out to the sides and keep your shoulders on the mat at all times.

Keeping your knees together, drop them down to one side, rotating your torso.

Return to the starting position and allow your knees to fall to the opposite side.

Only drop your knees as far as you go comfortably.

You may want to hold the stretch on each side.

4. Supine knees side to side

2 Sets / 10 Reps / 1 s hold



Lie on your back with your knees bent and your feet flat on the floor. Extend your arms out to the sides and keep your shoulders on the mat at all times.

Keeping your knees together, drop them down to one side, rotating your torso.

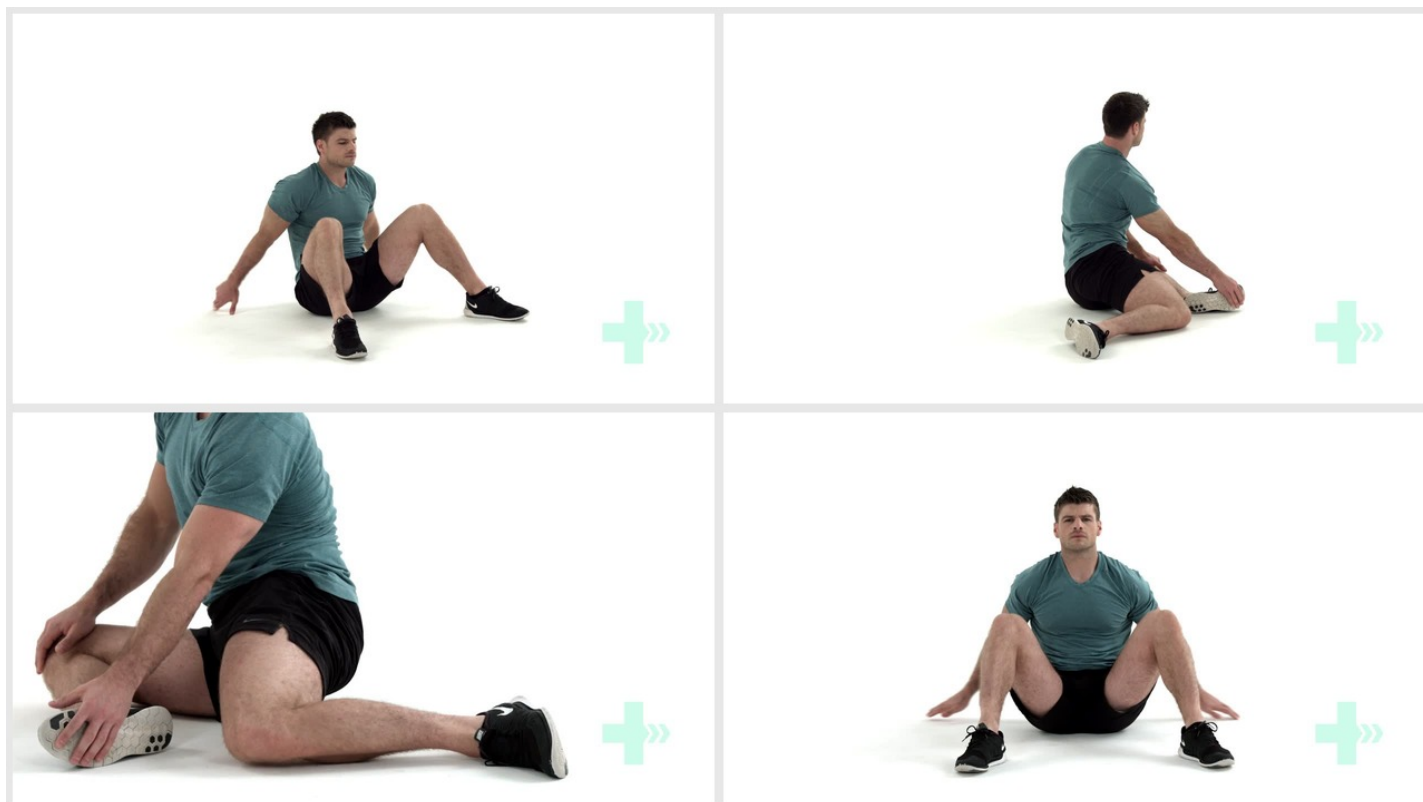
Return to the starting position and allow your knees to fall to the opposite side.

Only drop your knees as far as you go comfortably.

Hold the stretch on each side if you are able to.

5. Hip 90/90

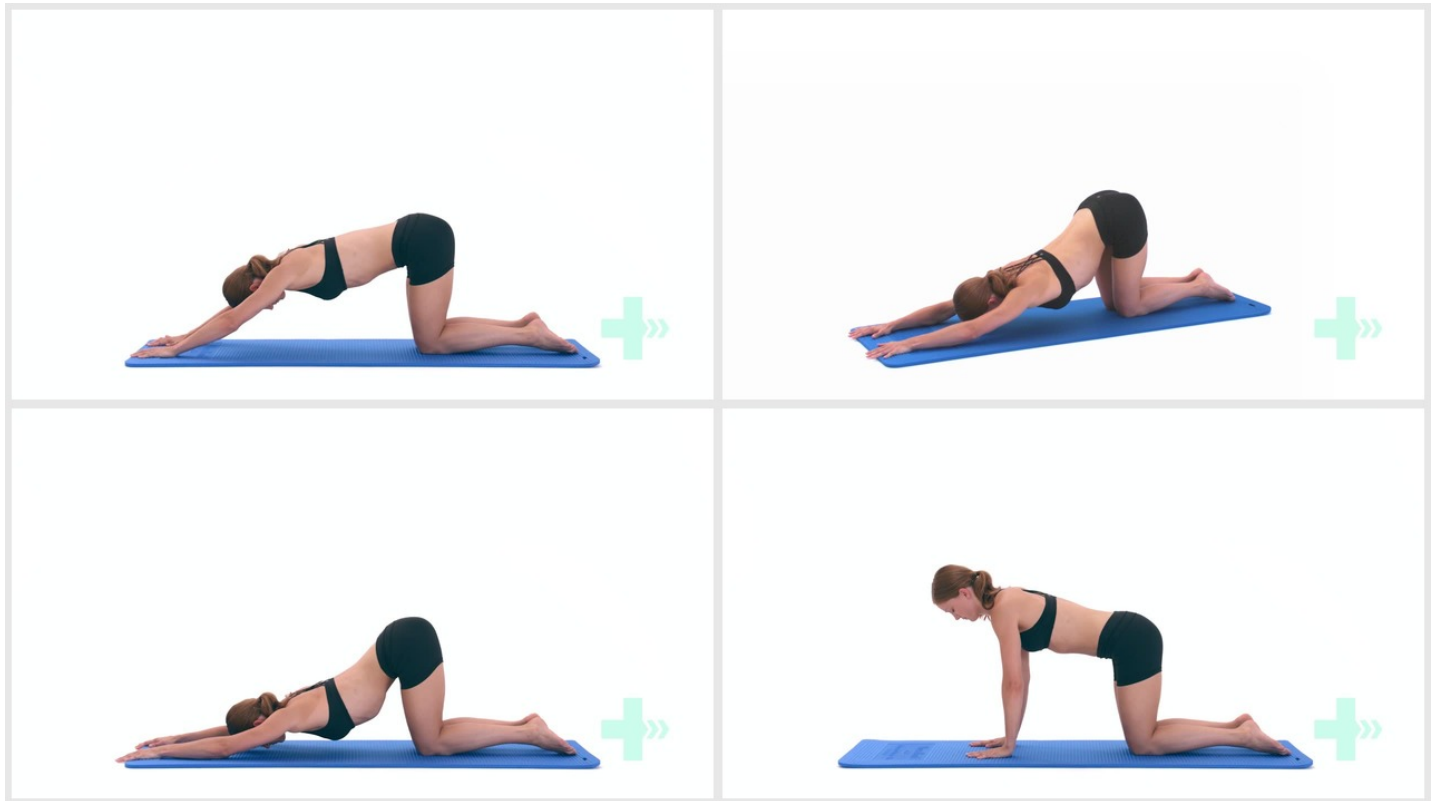
1 Set / 10 Reps / 1 s hold



Adopt a sitting position with your back straight, legs out wide and knees bent. Drop both knees to one side under control until you are in 90/90 position. Return to the start position and repeat on the opposite side.

6. Puppy dog pose

1 Set / 1 Rep / 45 s hold



Start on your hands and knees.

Walk your hands forward.

Push your hips up to the ceiling as you allow your chest to drop down to the floor.

Keeping stable in the shoulders, slide your shoulder blades down toward your hips and let your chest settle on the floor.

7. Sciatic nerve mobilisation in supine - SLR with plantarflexion/dorsiflexion

2 Sets / 10 Reps



Lie on your back with your legs straight and a hip's width apart.

Bring your affected leg in towards your chest and interlace your fingers behind your thigh.

With your arms straight, allow your leg to rest in the grasp of your hands.

Your hip should be around 90 degrees.

Holding this position, slowly straighten your knee until you feel a pull down the back of your leg.

Keep your toes pointed.

Bring your lower leg back down a little to ease off the tension, then pull your foot towards you.

Straighten your knee a little while simultaneously pointing your toes, then bend your knee to bring your lower leg back down to the starting position.

Continue this movement at a steady pace.

8. Cat and camel pose

1 Set / 10 Reps / 1 s hold



Start on your hands and knees with your back in a neutral position.

Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.

Hold this position, and then repeat.

9. SLS leg swings

1 Set / 1 Rep / 10 sec duration

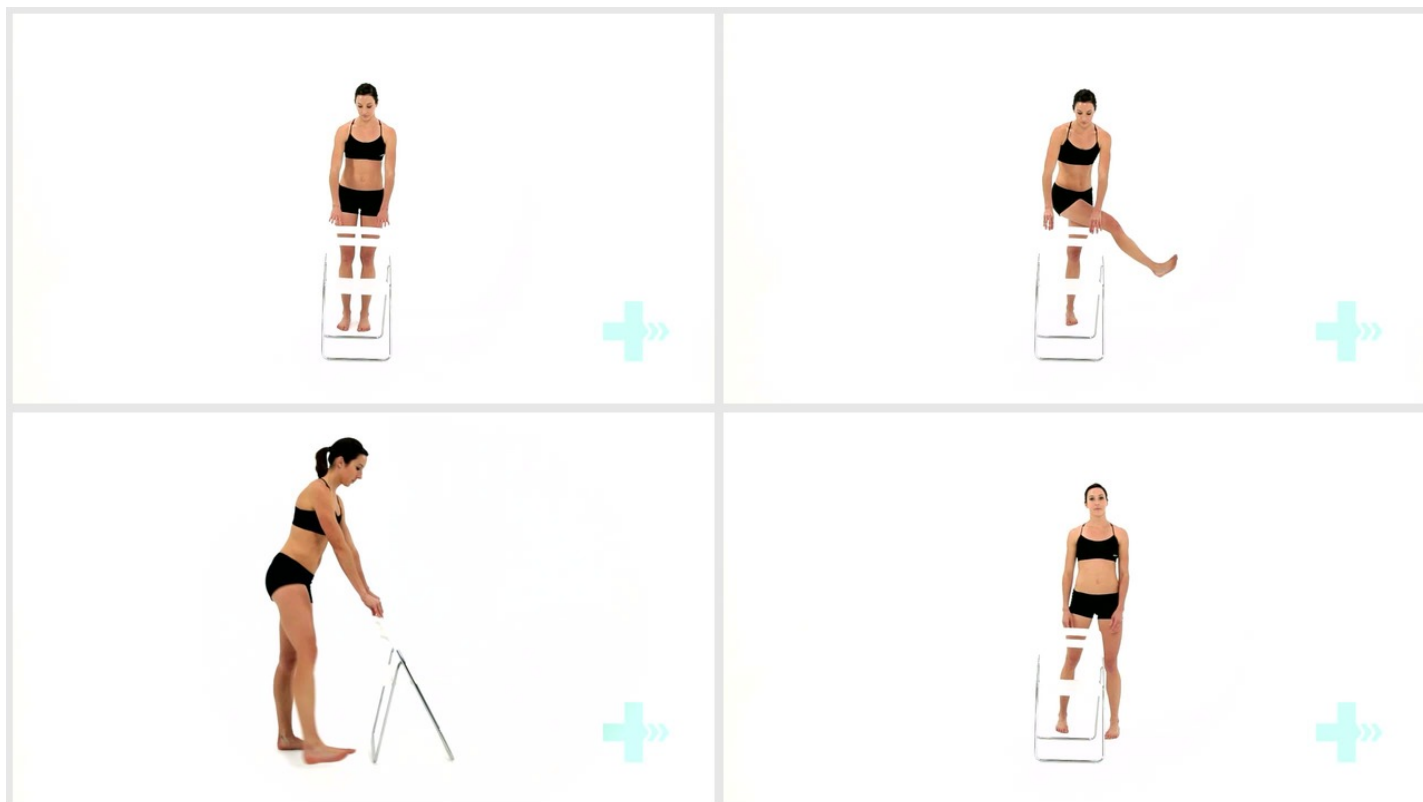


Stand on your affected leg, holding the other leg straight and begin to swing it backwards and forwards, keeping your balance.

Perform this movement as directed and then change the direction of the swing and begin to move your leg across your body in a side to side movement.

10. Lateral leg swing

1 Set / 1 Rep / 10 sec duration



Hold on to something for stability.

Swing one leg out to the side and back across the mid-line of your body.

This is a good exercise to warm up your hips and IT bands, especially if you are a runner.