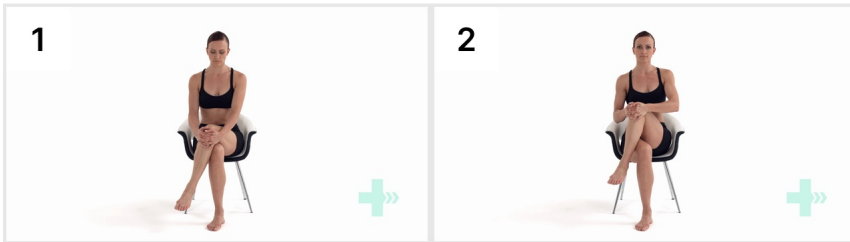


1. Gluteus medius stretch in sit

1 Set / 1 Rep / 1 s hold



Sit up straight in a chair.

Cross your affected leg over your other leg.

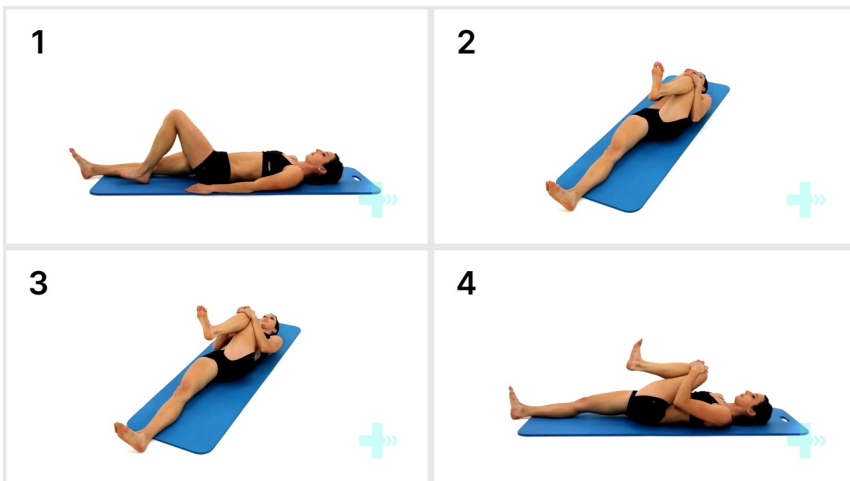
Using your arms, pull the knee of your affected leg up towards the opposite shoulder.

You should feel a stretch across the top of your buttocks.

Hold and then relax.

2. Supine passive hip flexion/glute stretch

1 Set / 1 Rep / 1 s hold



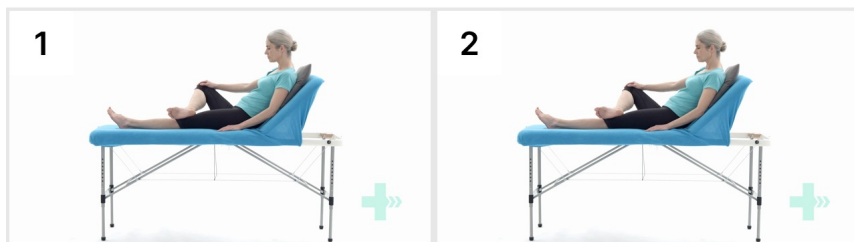
Lie on your back with your legs straight.

Hug the knee of the affected leg in to your chest as far as you can go comfortably.

Pull the knee in towards the mid line of your body to increase this stretch.

3. Hip lateral rotation and abduction stretch in long sitting

1 Set / 1 Rep / 1 s hold



Sit up straight on the bed with your back supported.

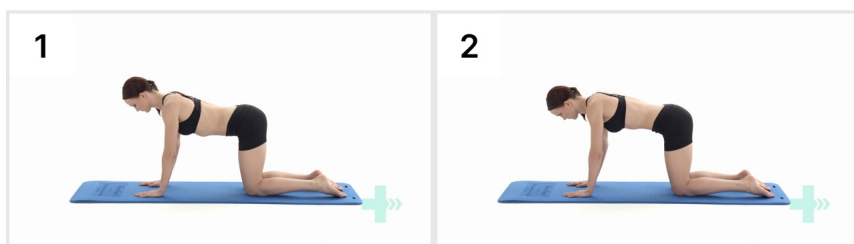
Bend the leg to be stretched in, then place the ankle just above the knee of the resting leg.

Drop your knee out to the side, feeling the stretch in your buttock and the inside of your thigh.

Hold this position.

4. Setting in four point kneeling

1 Set / 1 Rep / 1 s hold



Start in a kneeling position with your hands under your shoulders, and knees under your hips.

Your back should be flat and your gaze between your hands.

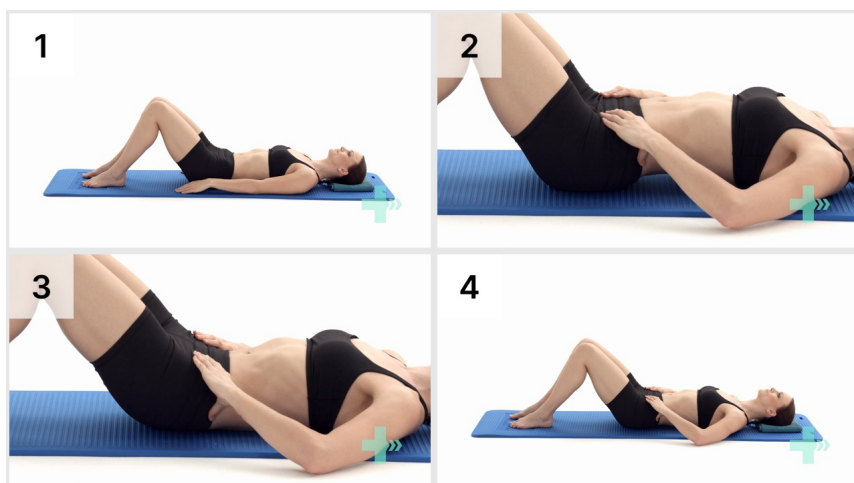
Tighten your pelvic floor and core stability muscles, pulling your abdominal muscles in towards your spine.

You should feel your abdominal wall lift up.

Hold this position, relax, and then repeat.

5. Finding your neutral spine in supine for upper body pain

1 Set / 1 Rep / 1 s hold



Lie down on your back with your knees bent feet flat on the floor.

Place your hands on the bones of your pelvis at the front.

Tilt your pelvis backwards and then forwards and then back to find the central place or “neutral spine” where any discomfort in your spine is at a minimum.

As you do this your tailbone will come off the floor slightly and then flatten back down onto the floor.

Slowly draw up your pelvic floor muscles and your lower stomach muscles in, towards your spine, as though you were doing up a zipper.

Repeat this process to get used to finding the spot that is most comfortable for you.

Gently hold this muscle contraction for the required duration.

Continue to breathe deeply throughout this exercises.