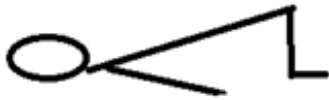


Treatment Plan 1/7/25

1. **Bridge with Block** - repeat once a day 4-6 times slowly.

Notes

- Feet pointing straight ahead
- Feel tripod of support - centre of heel and either side of ball of foot.
- Try first with a second block or other support under the sacrum.
- Move on the exhale, hold/rest on the inhale
- Rest in between each bridge.
- Go slowly and with awareness



Breathe in in semi-supine

Breathe out and lift up

Breathe in and hold

Breathe out and lower

2. **Side Slides** - repeat once a day 4-6 times slowly

Notes

- Stand with knees off lock
- Have awareness of tripod of support
- Slide one hand down the side and the other up the ribcage until you meet the tightness.
- Slide back the other way just until the tightness releases
- Come back to neutral
- Rest
- At the end of 4-6 sets take one bigger stretch.
- Go slowly and with awareness.