

Notes: If pain increases while performing exercises do not push through pain/discomfort, stretching should be mild-moderate and not increase pain.

1- Single knee to chest - Sets:3 / Repetition:3 / Hold:30sec



Lie on your back with both knees bent and hands behind one knee.
Pull the knee towards your chest slowly, release it and then repeat the movement until pain relief—or as prescribed by your therapist.

2- Hip flexors stretch - Sets:3 / Repetition:3 / Hold:30sec



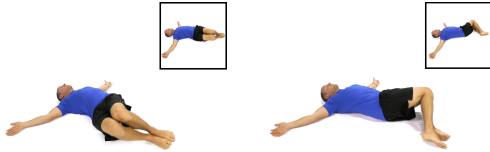
Stand at the edge of the bed/table and place your buttocks up against the edge.
Grabbing one knee, lean back and lie down on the bed/table.
Holding the knee to your chest, let the other leg relax as much as possible.
Hold the position.
Repeat on the other side.

3- Hamstrings stretch - Sets:3 / Repetition:3 / Hold:30sec



Bend one knee up towards your chest.
While holding your thigh with one hand, lift your foot up with the other so as to stretch the back of your leg.
Hold the stretch.

4- Lumbar rotation - Sets:3 / Repetition:3 / Hold:30sec



Lie on your back with your knees bent and your feet on the floor (crook lying). Place your arms out to the side for stability. Slowly lower your legs to one side until you feel a gentle stretch. Return to the central position and repeat. Keep your knees together during the movement.

5- Beginner dead bug - Sets:3 / Repetition:3 / Hold:30sec



Lie on your back with your knees bent, feet flat on the floor and arms at your sides. Raise one arm over your head as you lift the opposite leg up to about 90 degrees. Repeat on the other side.

6- Lumbar extension - Sets:3 / Repetition:3 / Hold:30sec



Lie on your stomach with your elbows on the floor and the chin tucked in or resting in your hands. Relax both your back and buttock muscles and maintain the position. Your hips must be touching the floor.

Exercise 1 : Single knee to chest		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:3									
	Repetition:3									
	Hold:30sec									
Exercise 2 : Hip flexors stretch		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:3									
	Repetition:3									
	Hold:30sec									
Exercise 3 : Hamstrings stretch		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:3									
	Repetition:3									
	Hold:30sec									
Exercise 4 : Lumbar rotation		Date	Date	Date	Date	Date	Date	Date	Date	Date
 	Sets:3									
	Repetition:3									
	Hold:30sec									

Exercise 5 : Beginner dead bug		Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:3										
	Repetition:3										
	Hold:30sec										
Exercise 6 : Lumbar extension											
	Sets:3										
	Repetition:3										
	Hold:30sec										