

Notes :

These exercises were designed as a place to start to address your symptoms. These exercises should not be performed or continued if they cause or increase your pain in any way. Using these exercises for self management of your symptoms does not replace the value of being assessed by a Health Professional.

1 Double knee to chest



Lie on your back with both knees bent.
Lift one knee up first then the other, then pull both towards your chest using your hands.
Hold your knees to your chest for 10 seconds.
Release and then repeat 5 times, first thing in the morning



2 Child pose



Kneel on all fours having hands and knees shoulder distance apart. Place a rolled towel behind your knee. If this still causes pain in the back of the left knee, then do the sitting version instead.

- Hips should be at 90 degrees and low back should be in neutral spine with a slight curve.
- Slowly move hips backward maintaining a straight back position.
- Return to start position.
- To bias the right side, move both hands to the left and feel an increased stretch on your right side.
- Relax and repeat to the other side. Do not move or push into back pain

Hold each position for 15-20sec and repeat 4 times
x1-2/day

3 Glute bridge



Lie on your back with your feet hip distance apart, toes facing forward and knees bent.

Take a deep breath in, as you breath out gently engage your core muscles by pulling your belly button in and gently squeeze your buttocks while lifting your buttocks off the ground. Do not lift into your back. Your back should remain straight and not arched. Slowly lower back to the floor and just gently touch down before you lift up again.

If you are having a hard time accessing your glutes, raise your toes and press into your heels.

3x8-10reps, working up to 3x12 reps, daily

4 Hip flexion with core activation



Lie on your back with your knees bent and your back in neutral position (slightly arched).

Engage your core by recruiting your pelvic floor and transverse abdominis.

Maintain a steady abdominal breathing while you lift one leg up to 90 degrees-at the hip-and keep the knee bent.

Lower the foot down as you lift the other leg.

Alternate the legs.

Keep your back and pelvis completely still at all times.

3x8-10reps per side, working up to 3x12 reps, daily