



Rotation in Lying

Lie on your back, knees bent, feet flat and together. Gently take both knees from side to side as far as possible pain-free (figure 1). Repeat 10 – 20 times.

Prone on Elbows

Begin lying on your stomach, then gently prop yourself up onto your forearms, keeping your back relaxed (figure 2). Hold for 2 seconds, then slowly lower yourself down flat. Repeat 10 times provided the exercise is pain-free.



Knees to Chest

Lie on your back, knees bent. Take both knees towards your chest using your hands until you feel a mild to moderate stretch, pain-free (figure 3). Hold for 5 seconds and repeat 10 times.

