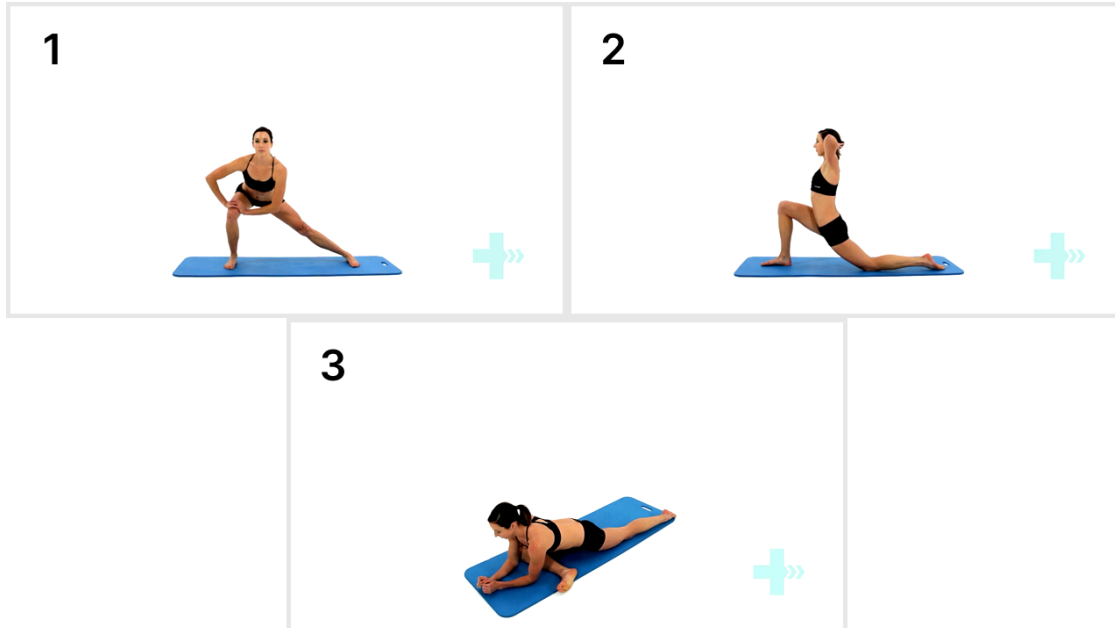


BC

1. Hip series - 1) Adductors stretch 2) Flexors stretch 3) Pigeon pose; 01

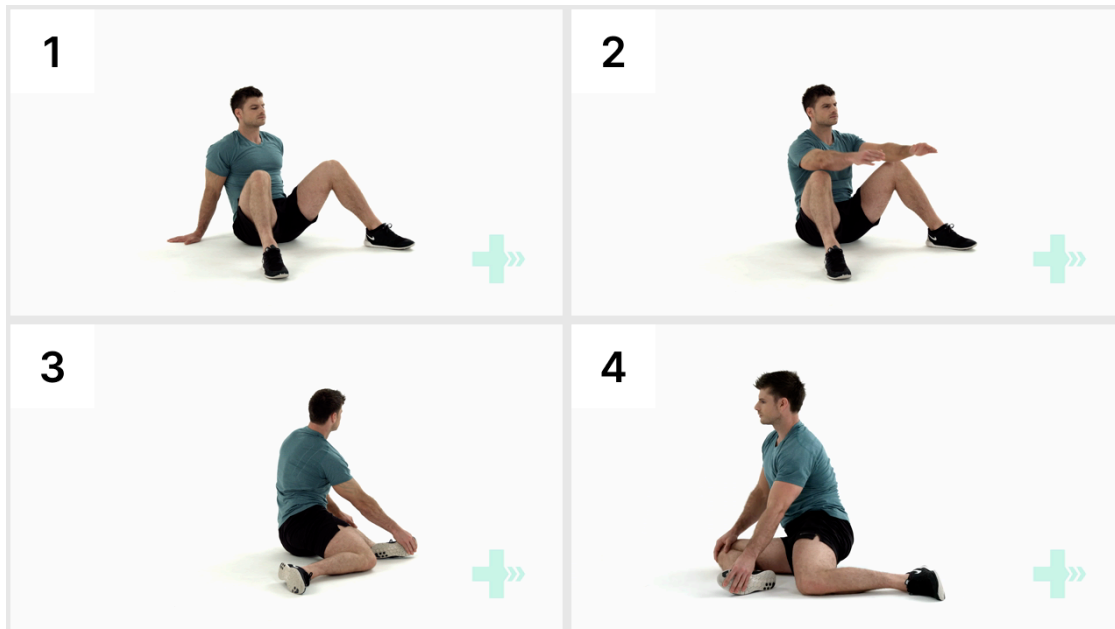
Get into a side lunge position and lean to the side of the bent leg, feeling a stretch through the inner thigh of the extended leg.

Next, turn into a prisoner stretch, dropping the back knee down to the floor and pushing your hips forward with your hands behind the head as you lean into the bent leg.

You will feel the stretch in the front of the back hip.

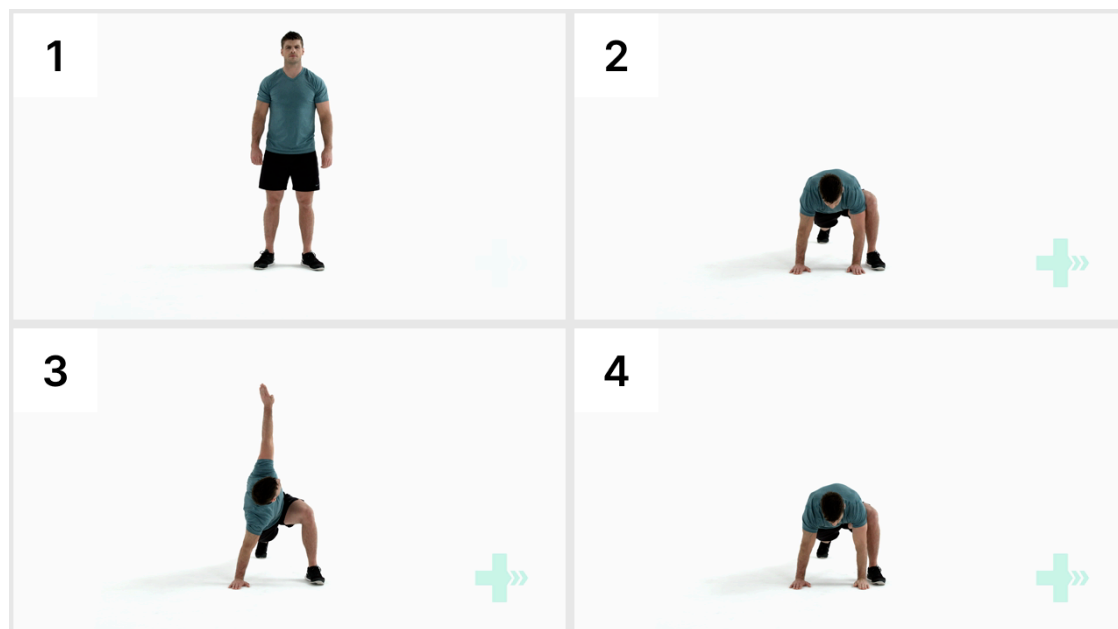
Finally, go into a pigeon stretch, tucking the front leg underneath you, and sitting down to stretch through the buttock muscles.

2. Lower trunk rotation strengthening, to side sitting



Adopt a sitting position with your back straight, legs out wide and knees bent. Drop both knees to one side under control until you are in 90/90 position. Return to the start position and repeat on the opposite side.

3. Iliopsoas stretch, with trunk rotation, deep split stance; 03



Stand tall with your arms at your side.

Step backward into a lunge with your right foot.

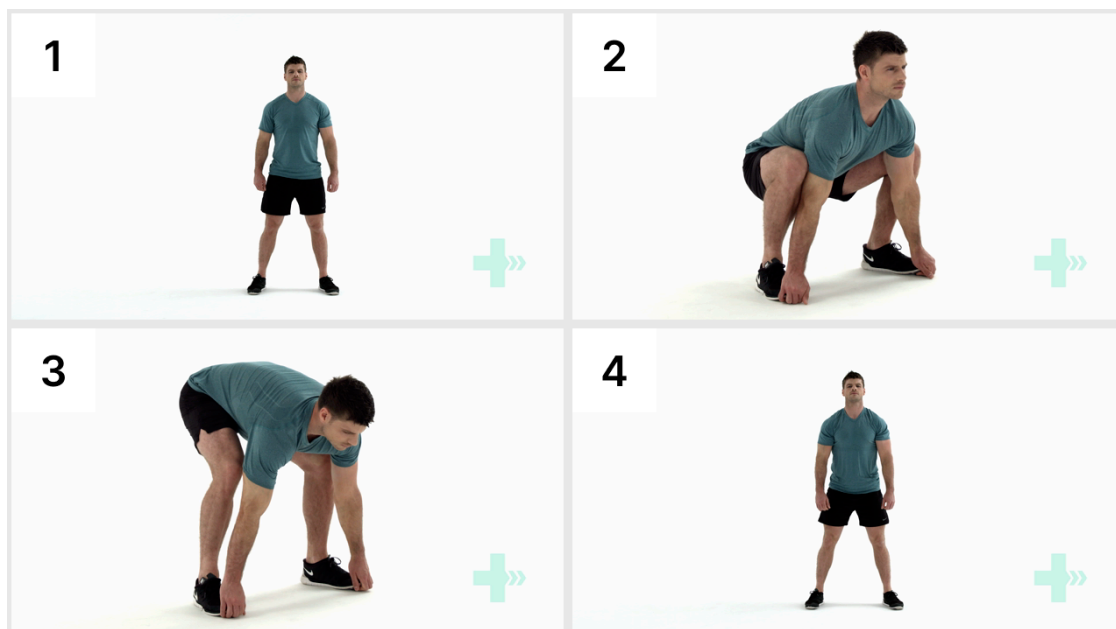
Place your right hand on the ground and your left elbow to the inside of your left foot.

Hold this stretch for a moment and rotate your left arm and chest to the ceiling..

Hold again for a couple of seconds and bring your left arm down and reach it across under your torso to the opposite side.

Return to standing repeat the movement on the opposite side and repeat for the prescribed number of repetitions.

4. Hamstring stretch from squat, hands on floor



Stand tall with your feet wider than hip-width apart.

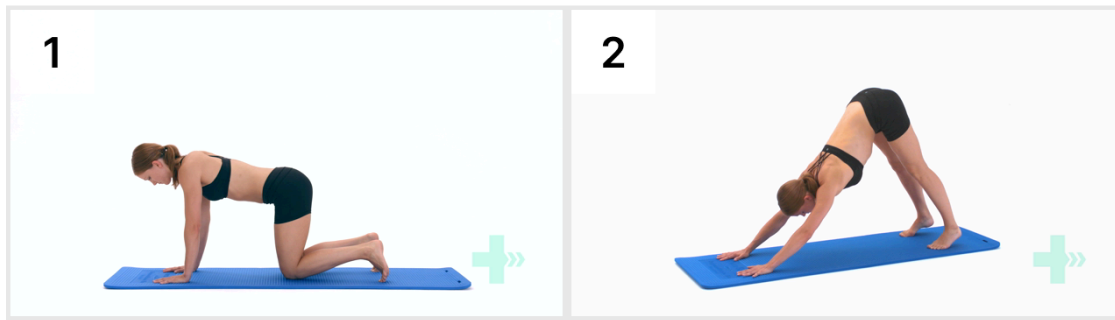
Bend forward at the waist to grab your toes with your hands.

Drop down into a deep squat while keeping your arms straight, elbows inside your knees, back flat, and chest up.

While holding your toes, raise your hips back and straighten your knees until you feel a good stretch in the back of your legs.

Reverse the movement pattern and return to the starting position.

5. "Downward dog" Posterior chain stretch



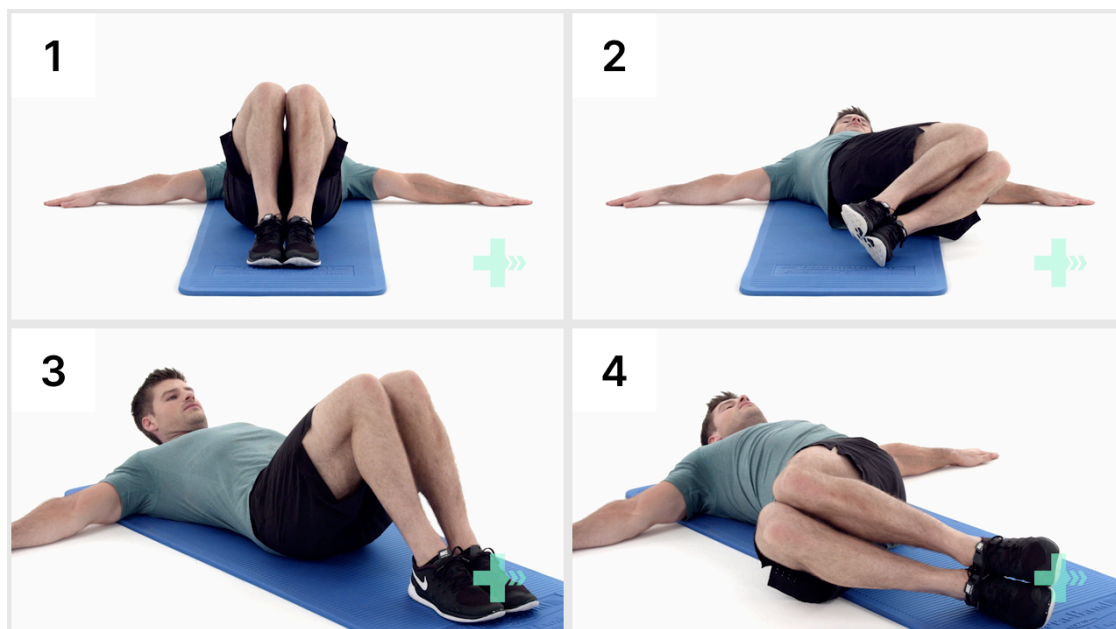
Start on your hands and knees.

Place your toes on the mat and press your hips back and up toward the ceiling.

Slightly bend your knees and lengthen the spine.

Push the floor away from you and straighten out your legs, pressing your heels down toward the floor.

6. Lower trunk rotation AROM, to comfort, supine feet standing; 02



Lie on your back in the supine position with your legs bent and your feet flat on the floor.

Extend your arms at a 45 degree angle to your trunk with your palms facing downwards.

Raise your head just off the floor and keep your chin tucked in.

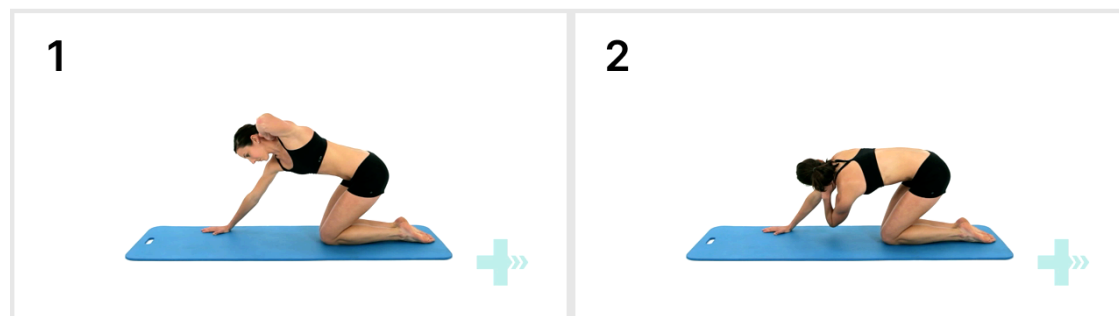
Maintain contact between your knees and feet, and tighten your abdominal muscles for the duration of the exercise.

Now rotate your legs to the left to the limit of your ability, make sure the opposite shoulder remains in contact with the floor throughout the movement.

Move back to the neutral position and repeat, alternating sides for the desired number of repetitions. Do not rotate the legs to a point beyond which the arms and shoulders can no longer maintain contact with the floor.

Perform this exercise in a slow controlled, manner within the range of your mobility.

7. "Thread the needle" Upper trunk rotation/scapular mobility, hand behind neck

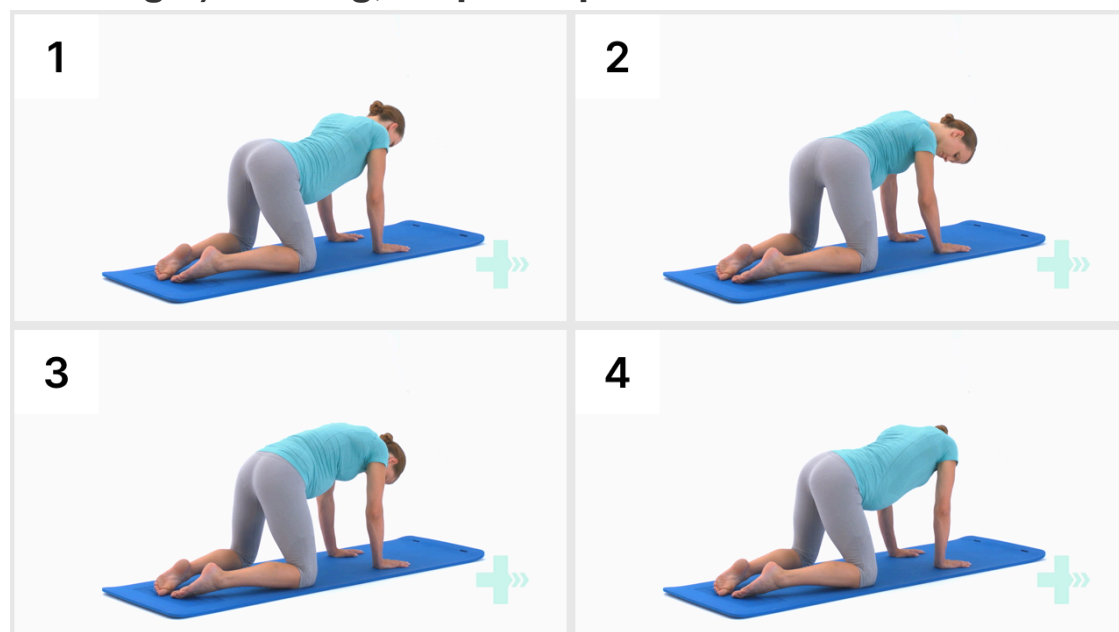


Start on hands and knees, moving your body back over your legs a little and straightening your arms out in front.

Place one hand on the back of your neck, keeping the elbow pointed out. Rotate your body, leading with the elbow, so that your elbow comes down towards the middle of the floor, and then rotate back up.

As the elbow comes up, you will get a twist in the middle of the back.

8. Trunk circles spinal mobility series - 1) Side bending 2) Rounding 3) Side bending 4) Arching, in quadruped



Start on your hands and knees.

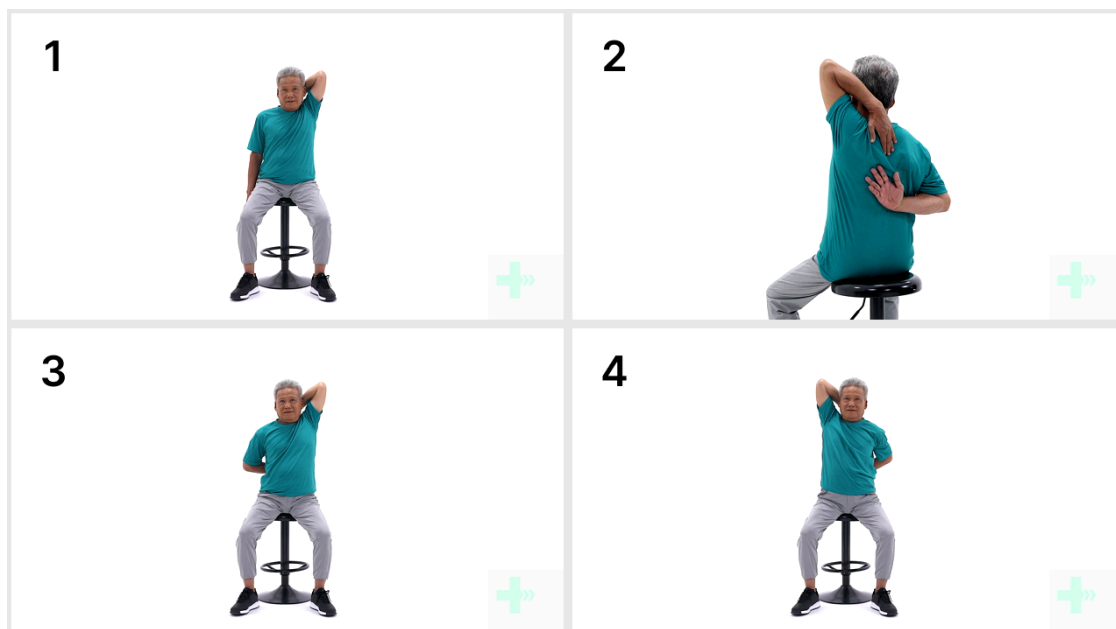
There are 3 components to this exercise: hunching your back, side bends and arching your back.

Start with side bending, then arch your back down, side bend to the other side, then curve your back upwards.

Imagine you are drawing a circle with your belly button.

Perform two to three circles in one direction and two to the other before coming back to the neutral position.

9. Shoulder mobility - internal and external rotation



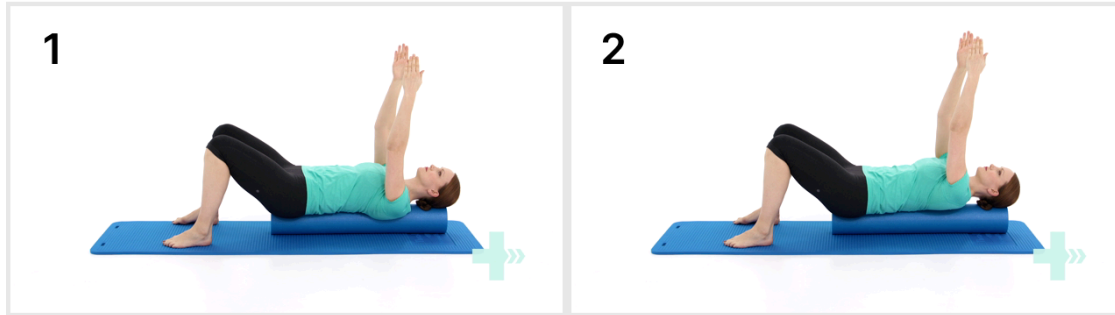
Sit on a stool with arms by your side.

Bring one arm up, bend the elbow and reach your hand to your upper back.

Simultaneously bring the other arm behind your back, bend the elbow and reach the hand up towards your other hand.

Then return to the starting position and repeat the other way around.

10. Neutral spine stabilization, on roller, scapular protraction/retraction, arms forward



Place a foam roller on the floor length ways and lie on top of the roller with it running down the centre of your spine.

Bend your knees and find the neutral position on the roller.

Holding this position, raise your arms up towards the ceiling.

Your palms should face in towards one another and fingers should point to the ceiling.

Reach your finger tips up towards the ceiling as far as you can.

You should feel your shoulder blades come around your upper back.

Keeping your arms straight, relax your shoulder blades back down again.

You may feel them drop onto or either side of the foam roller a little.

Repeat this movement, keeping your body posture the same throughout.