

1. Bridge on the floor [09170]

Lie on your back with your knees bent and your feet flat on the floor. Tighten your buttock muscles and lift your hips up into the bridge position. Make sure you keep your hips up and level throughout the movement.

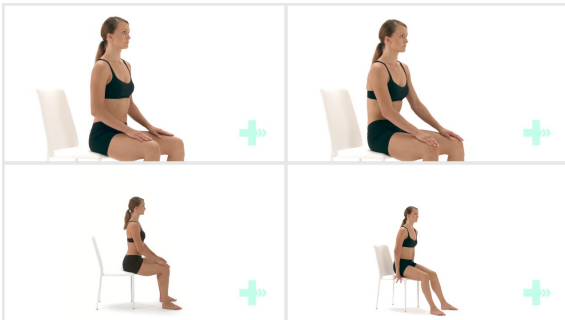
2 Sets / 10 Reps



2. SL calf raise on step

Stand on the step with your affected leg. Keeping your knee straight, rise up onto your toes and lower down on the step. If you are on a staircase, you can hold on to the railing to help you with your balance.

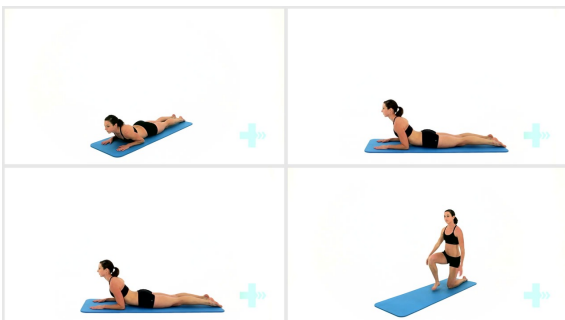
3 Sets / 10 Reps



3. Sitting pelvic tilts

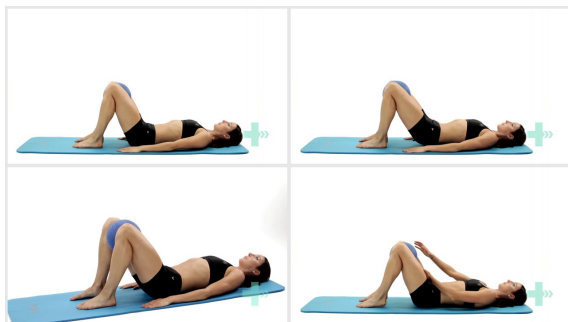
Sit upright in a chair with your weight through your seat bones. Move forwards so your back is away from the back of the chair. Separate your feet and knees and place both hands on top of your knees. From this position, slowly roll back slumping your weight through your tail bone. Your shoulders will round but keep your gaze straight ahead. Roll forwards again on to your sitting bones, opening up the chest and shoulders as you go. Repeat this cycle at a steady pace.

3 Sets / 10 Reps



4. Prone trunk extension on forearms

Lie on your stomach with your forearms under your shoulders. Push your chest up with your forearms, extending in the lower back. Keep your hips pressed in to the floor and your legs straight.



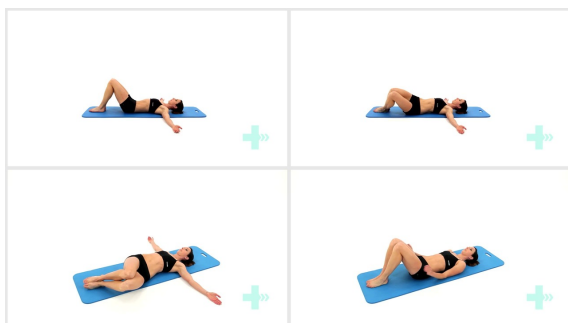
5. Bridge with ball squeeze

Lie on your back with your knees bent and your feet flat on the floor.

Take a ball and squeeze it between your knees.

Maintaining this squeeze throughout the entire exercise, lift your hips up keeping them level. Continue to squeeze as you lower back to the start position.

3 Sets / 10 Reps



6. Lower trunk rotation

Lie on your back with your knees bent and your feet flat on the floor.

Extend your arms out to the sides and keep your shoulders on the mat at all times.

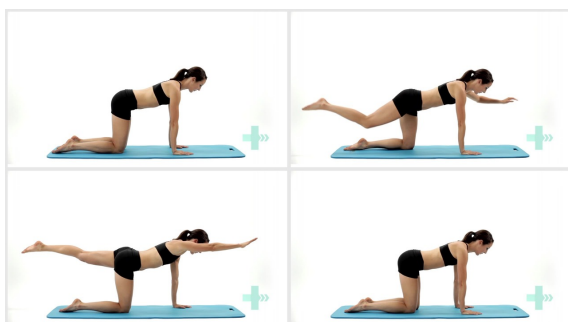
Keeping your knees together, drop them down to one side, rotating your torso.

Return to the starting position and allow your knees to fall to the opposite side.

Only drop your knees as far as you go comfortably.

You may want to hold the stretch on each side.

3 Sets / 10 Reps



7. Bird dog

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.

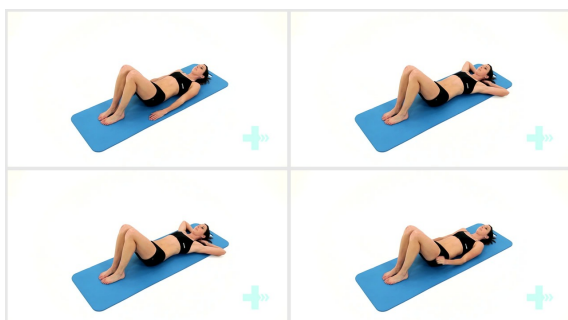
Tighten the abdominal core muscles.

Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.

Do not allow your body or hips to rotate.

Repeat on the other side.

3 Sets / 10 Reps



8. Core activation - single leg fall out

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

Engage your core stability and pelvic floor muscles, then lower one leg fall out to the side.

The key is to maintain a level pelvis, using your core to prevent it rotating with the movement of your leg.

Control the movement back to the start position and repeat.