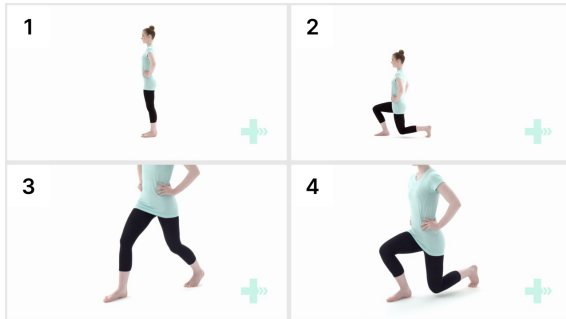


Backs and Joints  
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Basingstoke, ACT, RG21 3DU

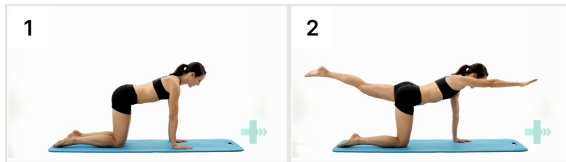
3 Sets / 10 Reps



### 1. Lunging

Stand up straight with your hands on your hips.  
Take a large step forwards on your affected leg.  
Bend your knees, lowering your hips down between both feet until your knees are bent to 90 degrees.  
Make sure your front knee is directly above your ankle, and pointing forwards.  
Push back up to the starting position.

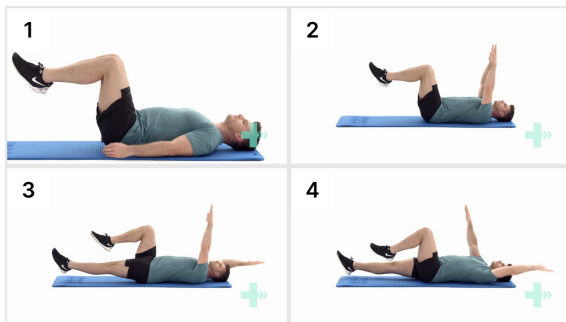
3 Sets / 10 Reps



### 2. Bird dog

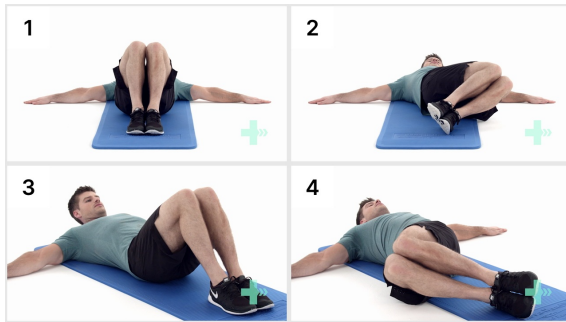
Start on your hands and knees, with your hands under your shoulders, and knees under your hips.  
Tighten the abdominal core muscles.  
Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.  
Do not allow your body or hips to rotate.  
Repeat on the other side.

3 Sets / 10 Reps



### 3. Supine dead bugs

Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees.  
Raise your arms straight up vertically over your head.  
Keeping your back flat, lower the opposite arm and leg away from one another towards the floor.  
Do not allow anything else to move and make sure your back stays flat on the floor.  
Return to the start position and repeat with the other pair.



#### 4. Bent-leg body twist variation - knee rocks

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.

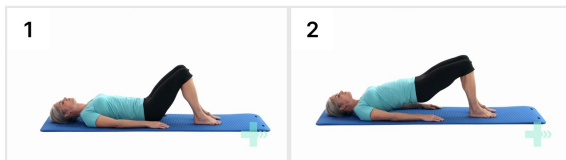
Raise your head just off the floor and keep your chin tucked in.

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.



#### 5. Bridge with pelvic tilt

Bridging strengthens your buttocks and your leg muscles.

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

Gently tilt your pelvis, as if you are imprinting your lower back into the floor.

Now, lift your hips up into the air, while still holding your pelvis level.

Hold in the bridge position before you then lower, keeping your tummy drawn in, and slowly lower your spine back down onto the floor one vertebrae at a time.

Keep your buttocks tight until your pelvis rests on the floor.