

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below.

Pain should not exceed 3/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Bodyweight squats

- Stand with your feet hip width apart and your arms across your chest.
- Sit back as if you are sitting into a chair.
- At the same time your head should move forwards to keep your balance.
- As you do this aim to keep your back straight
- Go down as far as you feel comfortable or until your thighs are parallel with the floor.
- Come back up to standing and repeat.



10 reps / 2-3 sets / 1 minute rest

2. Forward bending and arching in standing

- Start standing upright.
- Place your hands on your thighs.
- Slide your hands down your legs allowing you back to bend as you do.
- Go down as far as you feel comfortable and then slowly return to standing.
- Now continue the movement by arching backwards as far as you feel comfortable. As you do this allow the hips to move forwards.
- Return to standing and repeat.



10 reps / 2- 3 sets / 1 minute rest

3. Standing rotation

- Start standing upright.
- Take your left arm up to shoulder height and out to the side.
- From here reach across your body as far as you can until you are level with your left shoulder.
- You can move your upper body and pelvis but keep your feet on the floor.
- Repeat this motion using the left arm and then continue alternating between the left and the right arms.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.