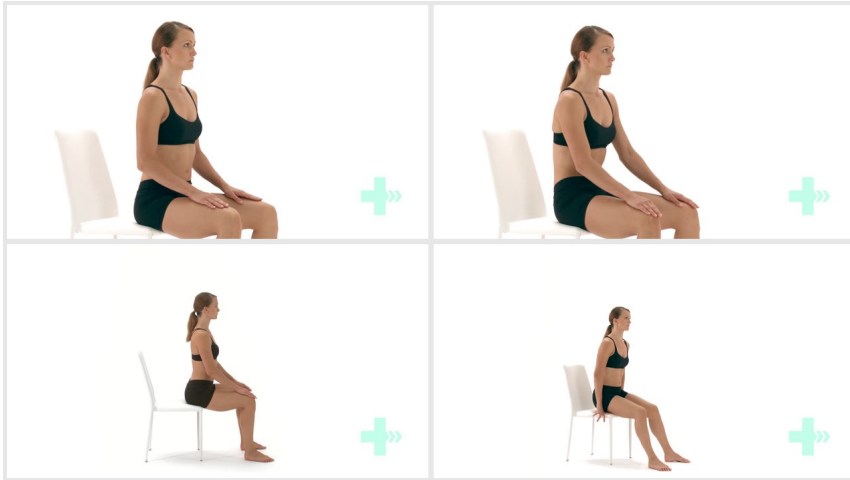


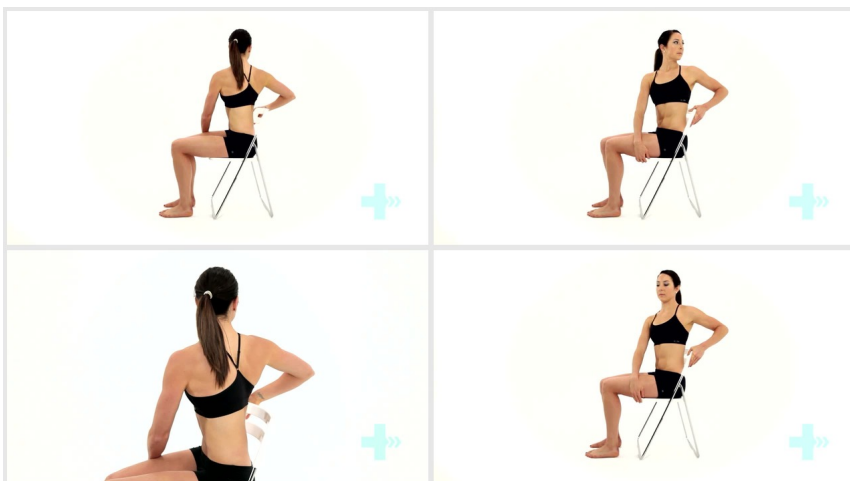
Better Health Nutrition & Fitness  
WA

## 1. Sitting pelvic tilts



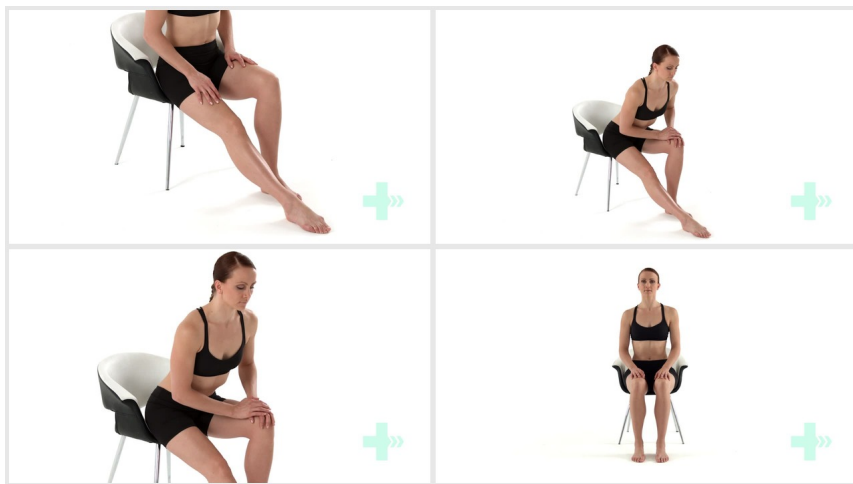
Sit upright in a chair with your weight through your seat bones.  
Move forwards so your back is away from the back of the chair.  
Separate your feet and knees and place both hands on top of your knees.  
From this position, slowly roll back slumping your weight through your tail bone.  
Your shoulders 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.

## 2. Seated trunk rotation



Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further.  
This should feel like a stretch through the torso.

### 3. Hamstring stretch in sit



Sit in a chair.

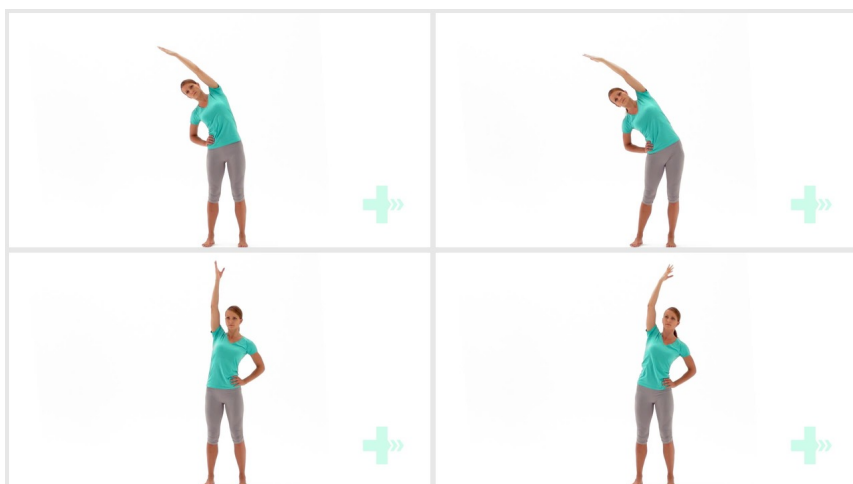
Place your affected leg out in front of you.

Straighten your knee, keeping your foot on the floor.

Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.

### 4. Lateral trunk stretch

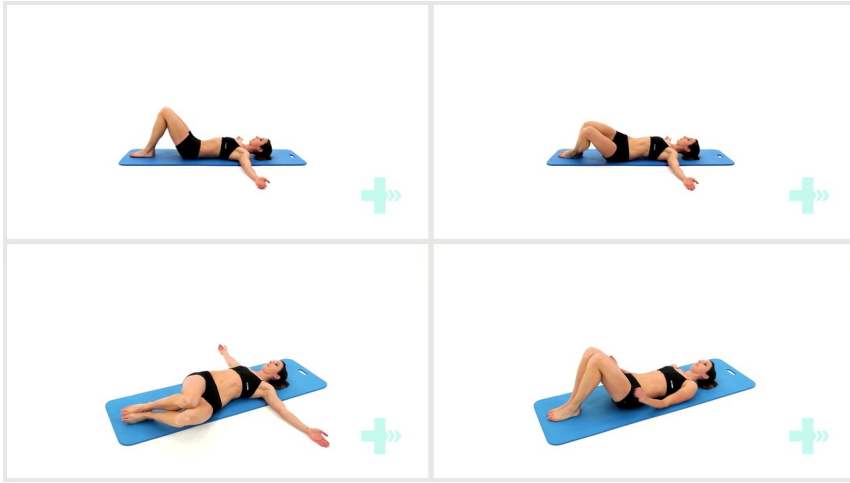


Stand with your feet shoulder width apart and place one hand on your hip.

Extend the other hand into the air, leaning over to the side while you increase the stretch by pushing your hips in the opposite direction.

Hold this position before you repeat on the other side.

## 5. 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.

## 6. Prone press up extension



Start face down on a mat.  
Bend the elbows and bring your hands under your shoulders.  
Push your upper body up into an extended position.  
Keep your hips and thighs on the floor at all times.  
Squeeze the buttock muscles throughout the duration of this exercise.  
Hold this position.

## 7. Pelvic tilt and lift



Lie on your back with your legs bent and place a small towel between your knees.

Keep your feet hip width apart.

Take a deep breath in, allowing your tummy to inflate.

Breathe out, gather your tummy and your pelvic floor.

Repeat, breathing in, relaxing your tummy.

As you breathe out, gather your tummy, your pelvic floor and add the pelvic tilt by pushing your heels down, tilting your pelvis upwards so it just off the mat to a height of 1 to 2 inches.

Breathe in and lower your pelvis back down, making sure you roll down one vertebra at a time, relax your pelvis.

Repeat this movement.

Remove the towel, bring your legs down, one by one, starting with the right, and the left and return to the starting position.

### 1. Sitting pelvic tilts



Prescription/Date:																				
3 Sets																				
10 Reps																				

### 2. Seated trunk rotation



Prescription/Date:																				
3 Sets																				
6 Reps																				
5 s Hold																				

### 3. Hamstring stretch in sit



Prescription/Date:																				
3 Sets																				
4 Reps																				
20 s Hold																				

### 4. Lateral trunk stretch



Prescription/Date:																				
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