



1. Cat and camel pose

Start on your hands and knees with your back in a neutral position. Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine. Hold this position. Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back. Hold this position, and then repeat.

- Move with your breath

6 reps, 1 set, 1 s hold



2. Child pose with a twist

Kneel on the floor and sit on your heels. You can place cushions underneath your hips if you need to. Stretch your arms out in front of you, and walk our hands over to one side. Keeping your hips over your heels, turn your outer palm to face up, and place the other hand on top. Arch your outer side up a little as you reach to the side to increase the stretch.

- each side

3 reps, 1 set, 10 s hold



3. 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.

- each side

3 reps, 1 set



4. 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.

- 3 second hold at the top

6 reps, 1 set, 3 s hold



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.

- each side

6 reps, 1 set, 1 s hold



1 rep, 3 sets, 30 s hold

6. PSOAS muscle stretch [30400]

Kneel down on one knee. Ensure your rear knee is directly under your hip and your front knee is in line with your front heel. Now tuck your bottom under, opening out through the front of the hip you are kneeling on. To increase the stretch, gently lean to the opposite side and place the arm of the same side you are stretching up above your head and stretch towards the ceiling. Maintain the position for 30-60 seconds.

- 3 sets of 30 seconds each side



6 reps, 1 set, 1 s hold

7. "Thread the needle"

Start lying on your front. Bring yourself up onto your hands and knees. Your hands should be under your shoulders and your hips over your knees. Take one hand off the floor and reach in and through between your other hand and leg on that side. Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through. Allow your back to twist. You should feel a stretch down your side, your shoulder blade and neck. Hold and then relax and repeat.

- each side



6 reps, 1 set, 1 s hold

8. Side lying thoracic rotations L2

Lie on your side with the bottom leg straight and the top leg bent. You can rest your top leg onto a folded towel. Stretch both arms out in front of you as far as you can. Keep your bottom arm on the floor as you reach the top up and back, allowing your body to rotate with the movement. You will feel this stretch through your upper back.

- each side



6 reps, 1 set

9. Wall angels

Stand with your back against a wall and bend your knees a little. Your shoulders and head should be touching the wall. Start with your arms down at your side with your wrists and elbows touching the wall. Bring your arms up as high as you can get them, without any of your body parts coming away from the wall. When you reach as far as you can, slide the arms back down to the start position.



1 rep, 3 sets, 30 s hold

10. Pec stretch - mid fibres with pec minor

Stand with your affected side closest to the wall and place your forearm down a door frame around shoulder height. Keeping your forearm on the wall, take one step forward on the leg closest to the wall and slowly rotate your chest away until you feel a stretch across your chest. Be careful not to allow the shoulder to hunch. Hold this position.

- 3 sets of 30 seconds (can do both sides at the same time)



1 rep, 1 set, 1 s hold

11. Segmental thoracic extension stretch with towel

Roll up a towel and place it on the floor across the area you will lie on. Lie on your back with the towel positioned underneath and across your upper back. Relax in this position, allowing your arms to drop out to the side and your chest to open up, stretching your upper back over the towel. Remain here for the stated duration, and then move the towel down to the next segment of your upper back, and repeat.

- 30 to 90 seconds at each "segment" or "level". Attempt to fit in 4 to 6 levels



6 reps, 1 set, 1 s hold

12. Hip 90/90

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.

- each side