Barnstaple Alliance

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DIAPHRAGMATIC BREATHING

Lie on a comfortable surface with your knees bent to a comfortable angle, one hand placed on your upper chest, the other on your abdomen. Breathe in through your nose, your abdomen should rise but your upper chest will remain still. Breathe out through your mouth, your abdomen should fall and your upper chest remain still. Repeat.

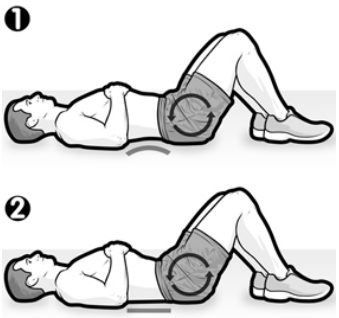
SETS & REPS: 3 minutes FREQUENCY: Daily



KNEE HUG

Lying on your back, bend one leg up as far as you can, grasp behind your knee and pull your hip further into flexion until you feel a stretch. Hold 30 seconds, relax. You can progress to hugging both knees when you feel able to. You can also rock back and forth in this position if comfortable.

SETS & REPS: 30sec hold x 1-3 FREQUENCY: Daily



CROOK-LYING PELVIC TILTS

Lie on your back with your knees bent, feet on the floor and your pelvis and lumbar spine in 'neutral' (1). Tilt your pelvis backwards by flattening your spine and sliding your tailbone towards your feet (2). Hold this contraction while breathing normally for 3 breaths then slowly return to 'neutral' (1). Relax and repeat.

SETS & REPS: 10-20 reps FREQUENCY: Daily



WALKING

Walk for 15 minutes per day. Try to gradually build up your walking to 2 or 3 walks per day or increase the duration towards 30 minutes or walking as pain allows.

SETS & REPS: 15 mins FREQUENCY: Daily

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