

## 1. "Figure 4" Piriformis/gluteals stretch, sitting; 02

1 Set / 3 Reps / 30 s hold



Start in a seated position.

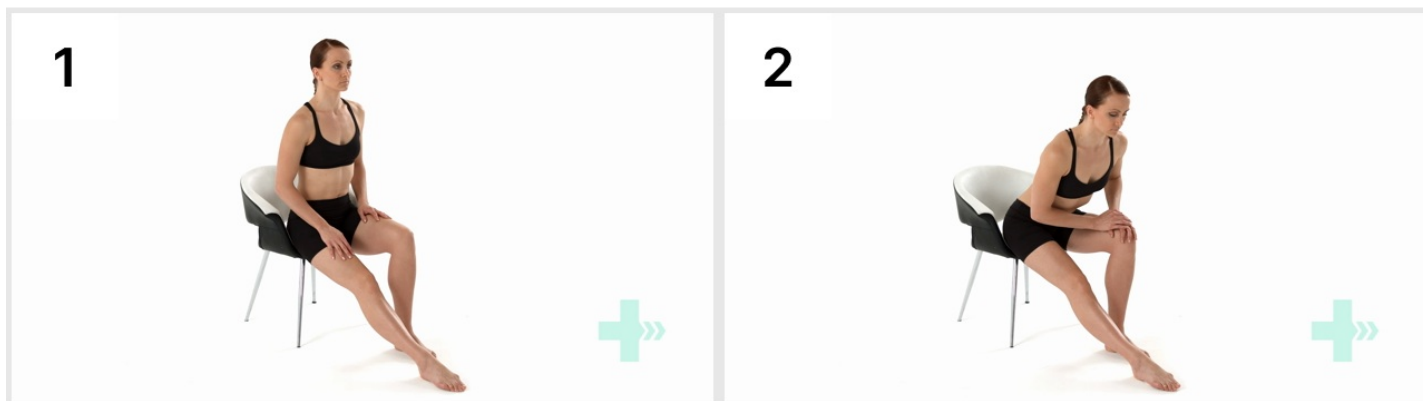
Cross the symptomatic leg your ankle is resting on, to the opposite knee.

Apply gentle pressure to the knee as you lean forward, increasing the depth of the stretch.

Hold this position, you should feel a comfortable tension with no pain.

## 2. Hamstring stretch, sitting; 01

1 Set / 3 Reps / 30 s hold



Sit in a chair.

Place your affected leg out in front of you.

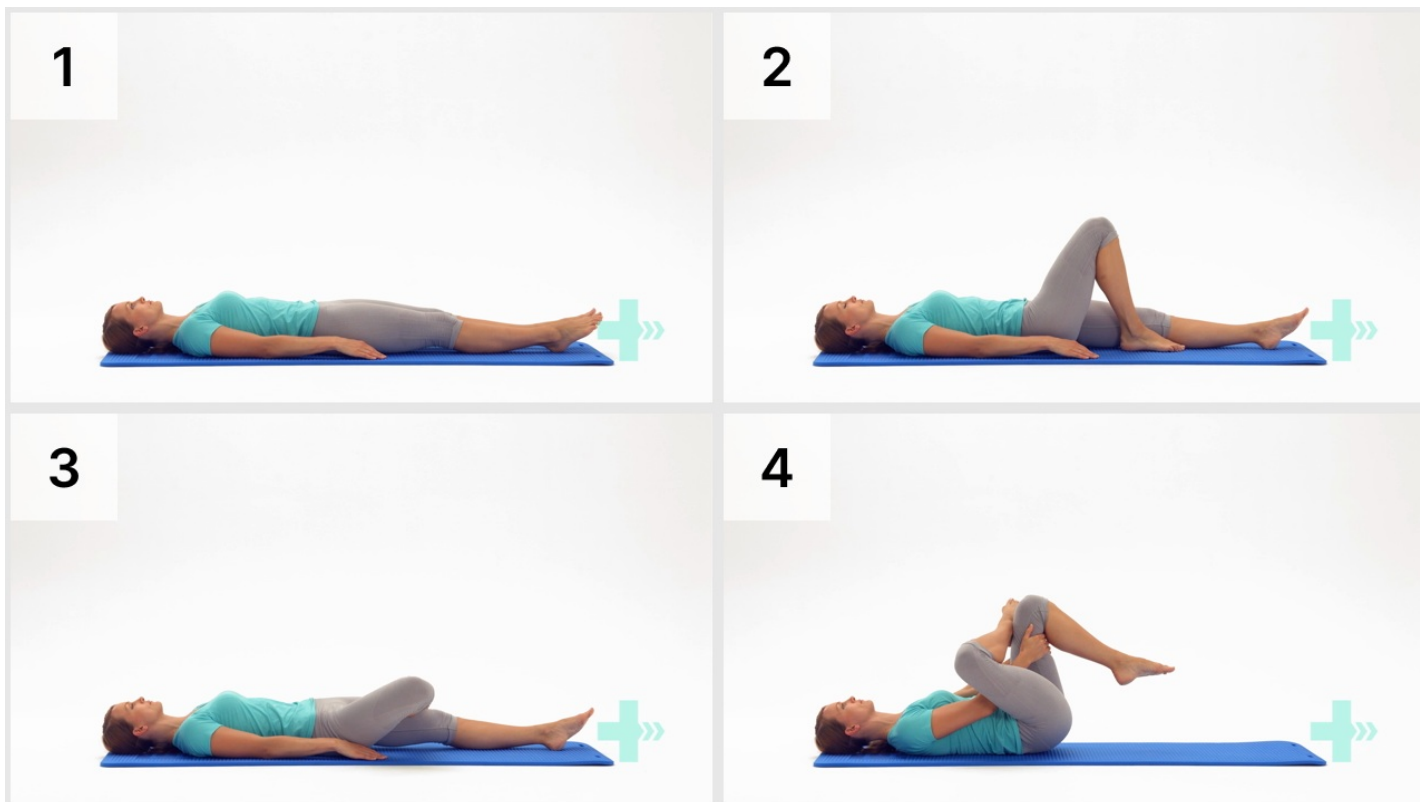
Straighten your knee, keeping your foot on the floor.

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

Hold and then relax.

### 3. "Figure 4" Piriformis/gluteals stretch, supine; 03

1 Set / 3 Reps / 30 s hold



Lie on your back and bend your affected knee.

Cross this leg over your other knee, placing the outside of your ankle just above the knee of your good leg.

Let the knee on your affected leg drop out to the side, and bend the good leg, sliding your heel towards your buttocks.

You may feel a stretch through your affected buttock.

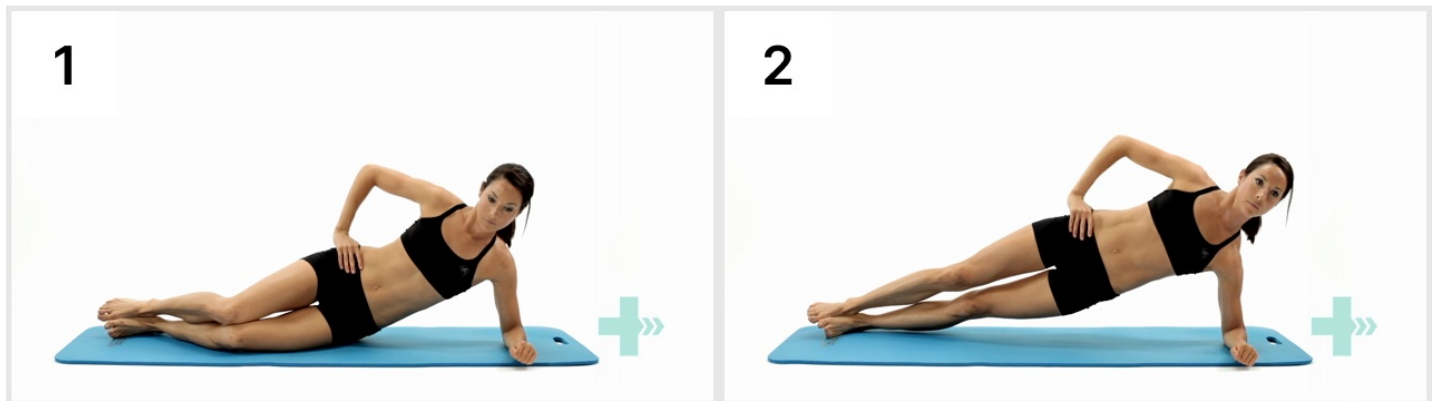
To increase this stretch, interlace your fingers behind the thigh of your good leg, and pull your thigh in towards you, lifting the foot off the ground.

To increase this stretch further still, push your elbow into the thigh of your affected leg.

Hold this position.

#### 4. "Plank, side (low)" Core/scapular strengthening isometric; 01

1 Set / 3 Reps / 20 s hold



Lie on your side, propping yourself up on your elbow.

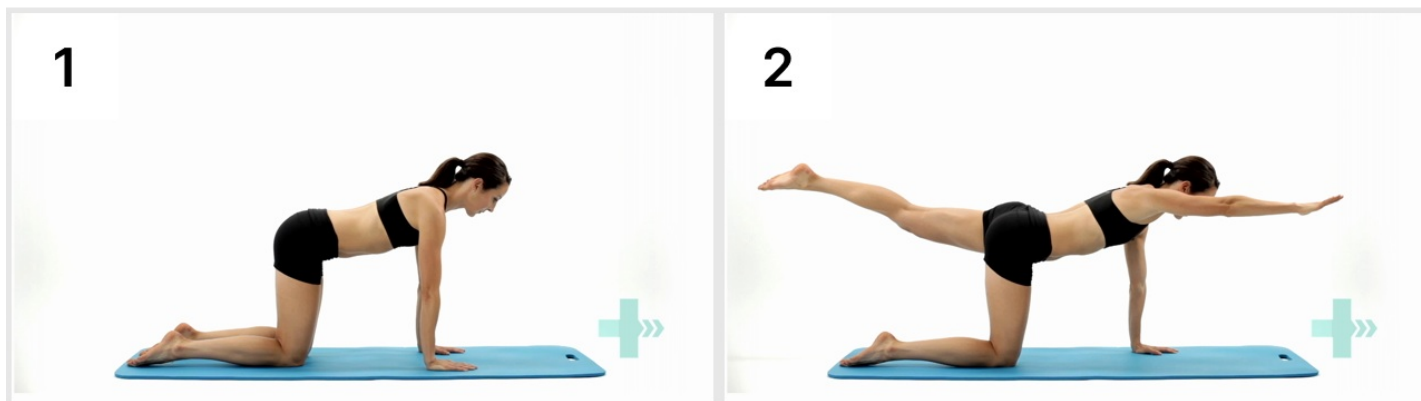
Keep your legs straight and stacked on top of one another.

Use your elbow and feet to push the body off the floor, and maintain a straight line from your head to your feet.

Hold this position for as long as you can, preventing the hips from sagging.

## 5. "Bird dog" Core/abdominal stabilization; 01

3 Sets / 10 Reps



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.