

Glute and Piriformis Stretches

SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest.

Pulling your knee across the body will stretch a different set of fibres, and you may feel more of a stretch with this variation.



Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

SINGLE KNEE TO CHEST - VERSION 2

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.



Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.



Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

SEATED PIRIFORMIS STRETCH

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg.

Throughout the stretch, try to keep the back as flat as possible and lean forward from the hips.



Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Lower Back Mobility

CHILD POSE - PRAYER STRETCH



While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

The stretch should be felt through the upper back, lower back and glutes.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

CAT AND CAMEL



While on your hands and knees in a crawl position, place your knees under your hips, and your hands right under your shoulders.

Raise up your back and arch it towards the ceiling.
Next return to a lowered position and arch your back the opposite direction.

If you are experiencing lower back pain, one direction may feel more helpful than the other.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

Disc Pain Management

PRONE ON ELBOWS



Lying face down, slowly press up and prop yourself up on your elbows.

Try to keep your back as relaxed as possible.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

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PRESS UPS

If the 'prone on elbows' exercise is feeling helpful, and you're looking for a more aggressive version, try this exercise.

Lying face down, slowly press up and arch your back using your arms.

Try to keep your back as relaxed as possible.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

QL Stretch



QL Stretch

Lie on the back with the knee and hips bent and feet flat on the floor.

Place the arms to the sides and outward, palms up.

Place the left leg over the right leg. Slowly allow both legs to drop towards the left, stretching the right side.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Adductor Stretches



BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together.

Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.

The stretch should be felt through the groin and inner thighs.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

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KNEELING HIP ADDUCTOR STRETCH

Kneel down on your target side knee. Place the opposite leg directly out to the side. Next, lean towards the side as you bend the "up" knee for a stretch to the inner thigh of the target leg.

The stretch should be felt through the groin and inner thigh.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Hip Flexor Stretches



HALF KNEEL HIP FLEXOR STRETCH

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the back leg.

Keep hips tucked under and lower back straight.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



HIP FLEXOR STRETCH

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, grasp your opposite knee and pull it towards your chest.

Avoid arching your back.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day