

Start with 5 of each exercise and build up. Little and often is best - at least a few times a day.



Pelvic tilts

Lie on your back with your knees bent and your feet hip-width apart. Try to keep your upper body relaxed. Arch your lower back away from the floor - keeping your bottom on the floor. Now try to flatten your back into the floor. Alternate the movements.

Cat stretch

Start on your hands and knees with your hands directly beneath the shoulders and your knees underneath the hips. Arch your back upwards towards the sky and then move in the opposite direction to bring your stomach towards the floor.



Childs pose stretch

Begin on your hands and knees with your hands directly beneath the shoulders and your knees underneath the hips. Keeping your hands on the floor, move your bottom back to sit on your heels. Return to the start position

Back extensions

Lie on your stomach with your hands by your shoulders. Use your arms to gently push up as far as is comfortable to create a curve in the back. Do not lift your pelvis from the floor. Try to imagine each vertebra moving as you move up and down.



Knee rolls

Lie on your back with your arms stretched out to the side and your knees bent with your feet hip width apart. Take your knees gently across to one side as far as is comfortable and then repeat on the other side. For an additional stretch turn your head the opposite direction to your knees.

