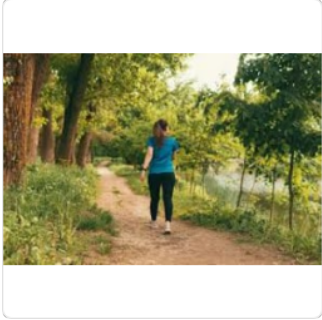


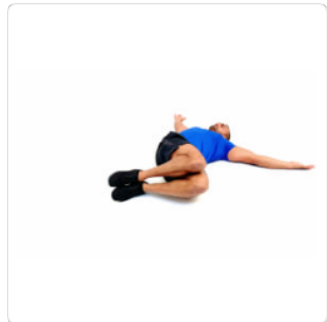
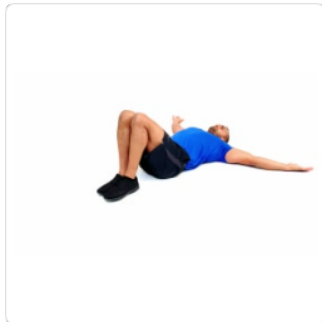
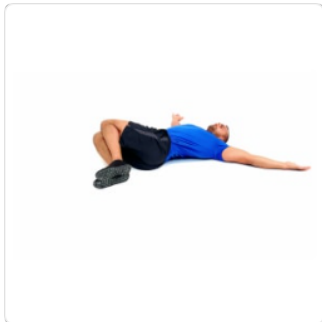
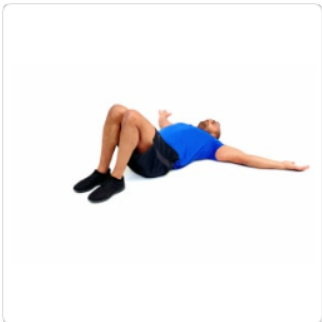
Walking - Outdoors



Description

- Walk frequently throughout the day
If your pain is severe, you can walk against a wall for stability and support

Knee Rolls in Crook Lying



Description

- Lie on your back with your legs flat on the floor and your hands out to your side
- Bend your knees to bring your feet flat on the floor
- Slowly move your knees to one side keeping your shoulders on the floor
- Roll the knees in the other direction

Sets: 2 **Reps:** 10 **Tempo:** Slow and within a comfortable range of motion

Posterior Pelvic Tilt in Crook Lying



Description

- Lie on your back with knees bent
- Tilt your pelvis backwards by tucking your tailbone under, rounding your low back

- Return to the start position by tilting your pelvis forwards and increasing the curve in your low back

Sets: 2 Reps: 10