

## 1. With two arms down



Put one foot up onto a chair or stool and reach both arms down towards the foot.

Relax in this position for 5 seconds and make 3-4 dives towards the foot.

Repeat the exercise several times on each side, alternating sides 3-4 times 3-4 times a day.

## 2. With torso rotation



Put one foot up onto a chair or stool and reach the arm down towards the opposite foot.

Make 3-4 dives towards the foot. Repeat the exercise several times on each side, alternating sides 3-4 times 3-4 times a day.

### 3. Standing



Put your foot on an elevated surface.

Shift pelvis forward until resistance felt. Push further 4-5 times

Repeat the exercise several times on each side, alternating sides 3-4 times 3-4 times a day.

### 4. Isometric lying supine



Bring your knee to your chest.

Hold your knee tightly to your chest with both arms and then push your knee out against the resistance of your arms for 7 seconds. Relax for 7 seconds.

Repeat the exercise on both sides several times.

## 5. Isometric Seated



Put your foot on the chair.

Hold your knee tightly against your chest with both arms. Then push your knee out against your arms for 7 seconds. Relax for 7 seconds. Repeat 3-4 times.

Do both sides alternately 3-4 times on each side.