

With feet hip width apart, kneel back on to your heels with your arms outstretched.

You should feel a stretch in your lower back.



Start on all fours with your hips, knees and shoulders at 90 degrees.

Push up through the middle of your spine to create an arch.

Hold and repeat.

You should feel a stretch in your mid to lower back.



Stand (or sit) straight with your hands behind your head.

Extend back pushing your chest upwards and squeeze your shoulder blades together.



Lay on your back with a rolled up towel placed just under your mid back. Relax your neck and hold.



Bring both knees in to your chest and gently pull in with your hands to increase the stretch.



Lie on your back and bend your 'affected leg' at your hip and knee.

Hold onto your shin and pull your leg towards your chest and opposite shoulder.

You will feel a stretch in your buttock.

