

Lying on your back. Lift your leg towards your chest. Place your hands behind the knee.



Gently pull your leg towards your chest. Feel the stretch behind your thigh. Hold 20 secs.

Repeat 1 time every 4 hours.
Daily

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Lying on your back with knees bent and feet on the floor. Squeeze your bottom muscles



Lift your pelvis and lower back (gradually vertebra by vertebra) off the floor. Hold the position. Lower down slowly returning to starting position.

Repeat 10 times.
Every other day

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Lying face down with your hips straight and knees together.



Place a small ankle weight around your ankle and slowly lower your ankle towards the bed/floor. Bend you knee back to the starting position and Repeat.

Repeat 15 times.
2 sets/ or until the back of the muscle feels tired.

Repeat every other day

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