



Mobilising and strengthening Exercises in Lying

1. Pelvic Tilt

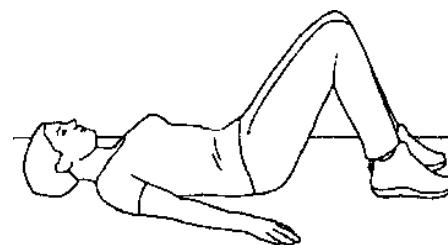
Lie on your back with your hands on your stomach or by your sides.

Bend your knees and place your feet flat on the floor or bed.

Tighten your stomach muscles to flatten your lower back against the floor or the bed.

Hold for 5 seconds then relax.

Repeat a maximum of 5 times.



2. Hip and Knee Bend

Lie on your back with your legs straight.

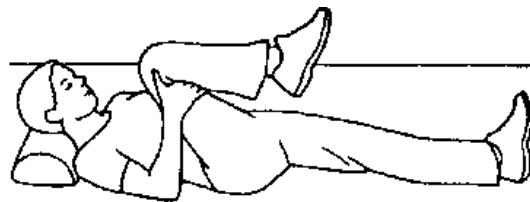
Grasp under or over one knee, and pull it towards your chest as far as possible.

Keep the other leg down and straight with toes pointed to the ceiling.

Hold for 5 seconds then relax.

Repeat with the other leg.

Repeat a maximum of 5 times on each leg.

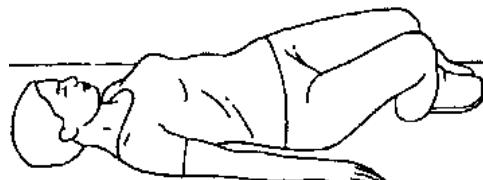


3. Hip and Knee Roll

Lie on your back with your knees bent and feet flat on the floor or bed.

Keep your shoulders relaxed and in contact with the bed throughout the exercise. Slowly and gently roll your knees from side to side as far as is comfortable keeping your upper trunk still.

Repeat a maximum of 5 times.



4. Single Leg Lift

Lie on your back with knees bent and feet flat on the floor.

Keeping the knees at the same level slowly straighten one leg (keeping your ankle at 90 degrees).

Hold for 5 seconds - slowly lower the straightened leg to the floor.

Repeat a maximum of 5 times with each leg.





5. The Bridge

Lie on your back with knees bent and feet on the floor.

Relax your arms by your sides.

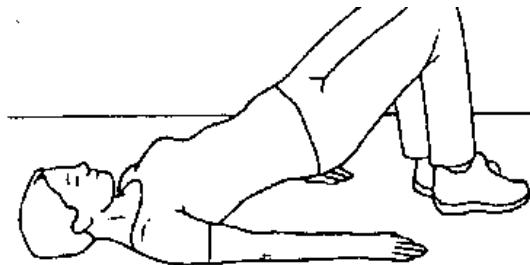
Start by tilting your pelvis using your stomach muscles and buttocks.

Then lift your pelvis and lower back (gradually vertebra by vertebra) off the floor.

Hold the position for 5 seconds.

Lower down slowly returning to start position (let go of pelvis last).

Repeat a maximum of 5 times.



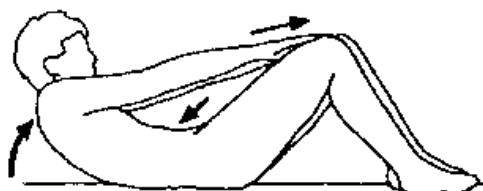
6. Partial Sit-up

Lie on your back with both knees bent and feet flat on the floor.

Place your hands on the top of your thighs.

Tuck your chin in, tighten your stomach muscles and curl your upper body slowly forwards raising your head and shoulders.

Hold for 5 seconds.



Repeat a maximum of 5 times.