



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Pelvic tilt



Lie on your back, knees bent. Flatten the small of your back into the floor by tilting the pelvis.

10 times

2 times a day

✓ **Should feel**

The lower tummy muscles working

✗ **Should not feel**

Increasing back pain



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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Knee to chest



Lie on your back. Bring one knee up towards your chest, hold, then lower slowly.

Hold 15 seconds

5 each side

✓ Should feel

A stretch in the lower back and buttock

✗ Should not feel

Leg pain getting worse



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3

Cat and cow



On hands and knees, arch the back up, then let it sag down. Move slowly between the two.

10 times

2 times a day

✓ **Should feel**

The spine moving freely

✗ **Should not feel**

Sharp pain at either end



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Lie on your back, knees bent. Lift your hips off the floor, hold, then lower.

10 times

2 times a day

✓ **Should feel**

The buttocks and back of thighs working

✗ **Should not feel**

Cramp, or back pain



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Bird dog

On hands and knees, stretch one arm forward and the opposite leg back. Keep the back still.

Hold 5 seconds**8 each side****✓ Should feel**

The back and tummy working together

✗ Should not feel

The back arching or twisting

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Lie on your back, knees bent. Tighten the tummy gently as if bracing for a poke. Keep breathing.

Hold 10 seconds

10 times

✓ **Should feel**

A firm, gentle tension

✗ **Should not feel**

Holding your breath

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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