



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 Seated forward bend



Sit and lean forward, letting your hands slide down towards the floor.

Hold 20 seconds

5 times

✓ **Should feel**
Relief in the legs

✗ **Should not feel**
Increased leg pain



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Monday to Saturday · Sunday by prior appointment only

2

Knee to chest



Lie on your back, bring both knees gently towards the chest.

Hold 15 seconds

5 times

✓ **Should feel**

The lower back opening out

✗ **Should not feel**

Sharp back pain



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Lie with knees bent and flatten the lower back into the floor.

10 times

2 times a day

✓ **Should feel**

The tummy working

✗ **Should not feel**

Nothing sharp



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4

Supported forward lean



Lean on a trolley or a worktop. Notice you can stand longer this way.

Use when walking

✓ Should feel

Legs easing

✗ Should not feel

—



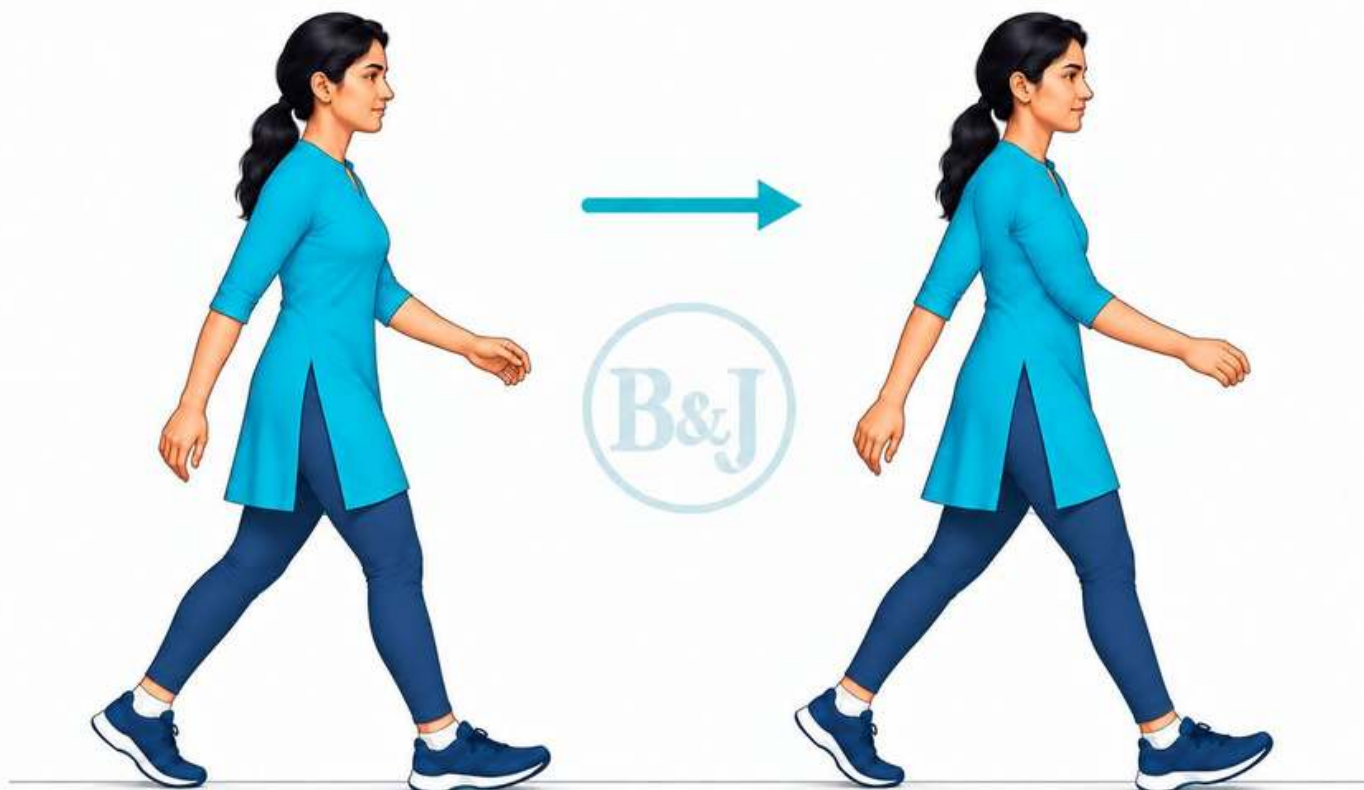
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Walk in short blocks. Sit before the pain builds, then carry on.

Little and often

Every day

✓ **Should feel**

Distance building slowly

✗ **Should not feel**

Pushing through heavy legs

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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