



Piriformis Stretch • 3 x 30 second holds each side, 2-3 x a day at home, can do them in bed.



Lower Trunk Rotations • 3 x 30 second holds each side, 2-3 x a day at home, can do them in bed.



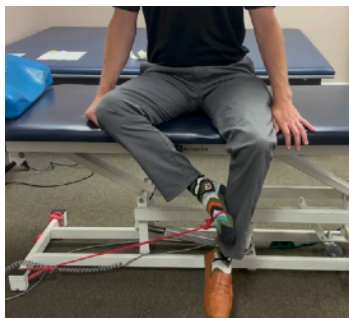
Side lying Gluteus Medius bilaterally • 1-3 sets 30 reps each side, 2-3 times a day at home, can do them in bed.



Single Knee to Chest - 30 reps each side 5 sec holds 2-3 times a day at home, can do them in bed.

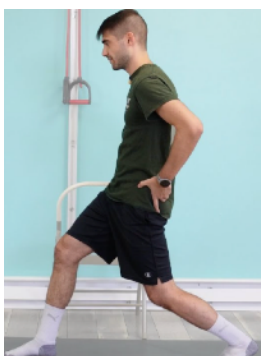


Double Knee to Chest – 3 x 30 second holds 2-3 times a day at home, can do them in bed.



Seated band piriformis strengthening 1-5 sets of 30 reps, 2-3 times a day at home.

I actually want you to do the right side. Not the left. I've had a think about this with your other sacral issues and if we work on the left its going to cause a chain reaction. So just the right for 1 week, then we will reassess.



Standing Hip Flexor Stretch – 3 x 30 secs holds each side (don't lumbar extend to amplify, do posterior pelvic tilt) 2-3 times a day at home