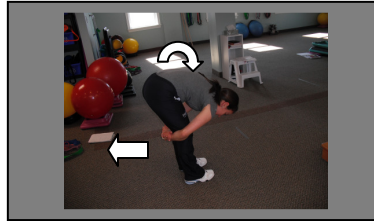
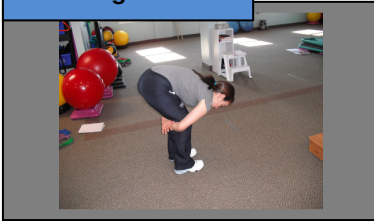


## Standing back



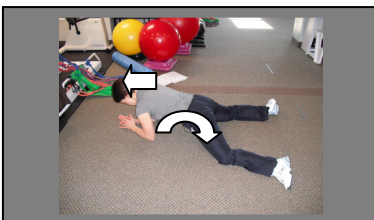
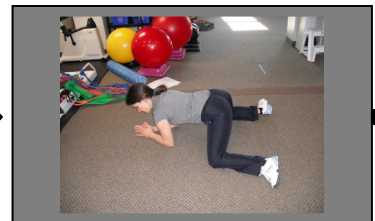
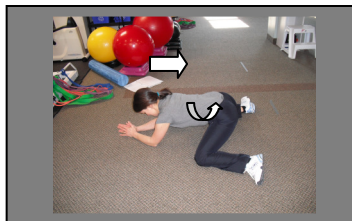
- Bend forward
- Knees bent
- Extend knees
- Increasing back arch
- Hold for 20 sec./repeat 3 times

## Groin



- Lying on back.
- Drop knees to side
- Roll pelvis forward hold for 10-20 seconds.
- Perform above stretch. And Repeat 3 times.

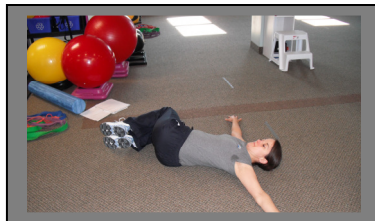
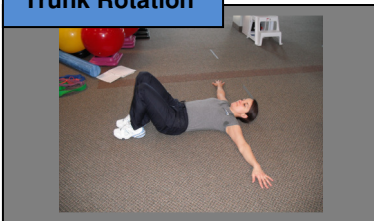
## Groin Rocking



- Start position, on elbows and inside of knees, feet pointed out.
- Maintain lumbar curve, push back into hips.
- Hold for 5-10 seconds.

- Return back to start position.
- Push forward on to elbows.
- Tucking pelvis under.
- Hold for 5-10 seconds.
- Repeat 3-5 times.

## Trunk Rotation



- Lie on back.
- Hips flexed, so knees point up, lower legs relaxed.
- Arms out to side for stabilization and rotate side to side keeping shoulders on floor, until you feel a comfortable stretch in back.
- Hold five seconds, then roll to the other side.
- You should be able to keep shoulders on ground and have the outside of thighs rest on the ground, hips flexed at 90 degrees.
- Repeat about 10 times.