

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

Squat to Chair



10
Reps

1
Sets

- Place hands on shoulders or in front of you
- Engage deep core to support the spine and ensure back is straight/long
- Slowly sit back bending at the hip first and keeping knees moving forward over the feet
- Pause on edge of chair or just above if able and then return to start position

[Watch Video](#)

Hip Stretch with Chair



0:30
Hold

- Stand 1 foot away from a sturdy chair
- Lunge onto the chair, keeping the other leg on the ground
- Lean into the stretch as far as pain or stiffness allows
- As tension eases you can lunge deeper into the stretch *Add arm reaches in different directions to vary this stretch

[Watch Video](#)

Thoracic Rotation



[Watch Video](#)

- Hands on opposite shoulders
- Exhale and rotate as far as possible
- Pause , inhale and exhale to move a little further.
- Release back to centre
- Keep head in line with spine, do not over rotate neck

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice from your health professional if you experience any discomfort during this exercise routine.

