

Stretch programme

Bed stretches

- Short/Long leg
- Pelvic tilt/bridge
- Knee roll
- Knee hug
- Full body Stretch

In shower stretches

- Head turns/inclines/back & forth
- Shoulder shrugs/ circles
- Don't shoot
- Shoulder pull back
- Elbow palm stretch
- Arm across
- Arms up single and together – full body stretch
- Lateral side stretch

Drink in the morning

- Calf & Soleus
- Quad stretch

Throughout the day

- Shoulder shrugs/pull backs

Evening –below stretches

- Short/Long leg
- Pelvic tilt/bridge
- Knee roll
- Knee hug
- Full body Stretch
- Cat/dog
- Sticky toffee or seated lean backs
- Touch toes

Optional

- Child pose, 1 leg balance