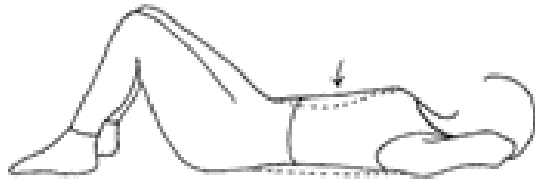


## Exercise Sheet

Position yourself so you can just begin to feel the stretch and no pain  
Repeat all stretches 10 times and hold each stretch for 10 seconds

1.



### Pelvic curl

Curl pelvis up to flatten back into floor

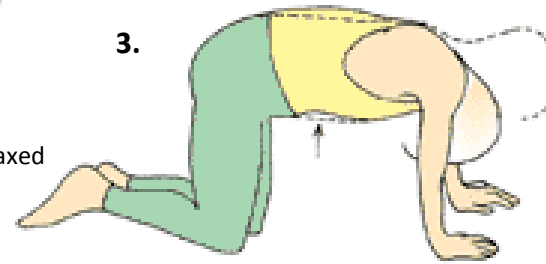
2.



### Knee hugs

Hug knees to chest, head relaxed

3.



### The cat

Curl back up and curl head down

4.



### Pectoral stretch

Lean into corner

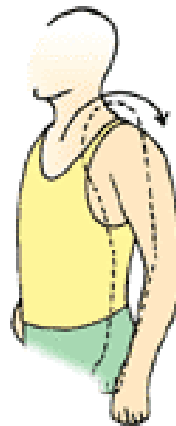
5.



### Neck stretch

Tilt head to side

6.



### Shoulder roll

Move shoulders, up, back, down

7.



### Buttock stretch

Cross ankle over knee, and draw knee to chest

### 8. Pelvic floor exercises

Lift pelvic floor for 5 long holds for count of 10 and short holds times 10.