

REPAIR AND RECOVER

Hamstring Stretch

Hold the thigh around the back of the knee. Straighten the leg to stretch the hamstrings. Hold for 4-5 deep breaths. Repeat twice on each side.



Spine Extension

Lying on the floor in the push-up position. With the hands level with the armpits, push the trunk off the floor, allowing the chest and tummy to 'peel' off the floor. Don't lift up any higher than when your belly button leaves the floor. Repeat 5-6 times slowly.

Lift chest and look up



Hands below armpits

Piriformis Stretch

Cross one ankle over the other knee, then pull the knee towards you. This will create a stretch in the buttock of the crossed leg.



Contract by pushing the ankle harder into the knee, hold for 5 seconds release, then stretch further. Repeat twice on each side.

Prayer Stretch

On all fours with the knees apart and the toes together. Lean back so that your buttocks lower towards your heels. Lift your tailbones to avoid slumping your lower back. Stretch forwards with the arms.

Hold for 5-10 deep breaths



Psoas Stretch With a Lean

Perform the same movement as a regular psoas stretch (remember to pull your tummy tight to stop your back from arching).

Then interlock your fingers above your head and lean slightly sideways to increase the stretch

Hold for 4-5 deep breaths on each side.



Rocking to release tension

Gently rock your knees in one direction and your head the other. This is not a stretching exercise, so you don't have to go to full range and create a stretch. Stay with the range of motion that feels easiest.

Try turning your eyes in the opposite direction of your head to trigger a release of tension.

Continue for 3-4 minutes or until you feel a loosening in your spine.

