<table>
<thead>
<tr>
<th>Releases/Stretches</th>
<th>Instructions</th>
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</table>
| **Hamstring release**              | - Starting from the top of your hamstrings in the buttock region, position your body over a massage ball.  
- Use your body weight to apply the appropriate amount of pressure to the hamstring muscle.  
- Gradually work your way down to the back of your knee.  
- **Time:** 2 minutes per leg.                                                                                                           |
| ![Hamstring release Image](image1) |                                                                                                                                                                                                           |
| **Hamstring stretch**              | - Whilst upright, place one leg straight in front of you.  
- Hinging forwards at the hip joint (and keeping the back straight), bend towards the leg at front.  
- Ensure that you can feel the stretch of the lower hamstrings.  
- Repeat on both sides.  
- To stretch upper hamstring, repeat the previous steps with a slightly bent knee in front instead of a straight leg.  
- **Time:** Hold for 60 seconds each. Repeat 2-3 times per leg.                                                                          |
| ![Hamstring stretch Image](image2) |                                                                                                                                                                                                           |
| **Thoracolumbar junction release** | - Place the muscles of the lower to mid back on top of a massage ball.  
- Use your body weight to apply pressure to the area.  
- You may need to adjust your positioning over the ball to target the right area.  
- **Time:** 2 minutes                                                                                                                     |
| ![Thoracolumbar junction Image](image3) |                                                                                                                                                                                                           |
| **Hip flexor activation**          |                                                                                                                                                                                                           |
| **Sitting**                        | - Sit up right on the edge of a chair.  
- Lift knee as high as possible.  
- Keep your body straight.  
- Hold for 5 seconds.  
- Alternate lifting knees.  
- Repeat 10 times.                                                                                                                    |
| ![Sitting Image](image4)           |                                                                                                                                                                                                           |
| **Long sitting**                   | - Long sit on the floor with the support of your hands behind you.  
- Keeping your leg straight, lift your leg up ~15cm off the floor.  
- Hold for 5-10 seconds.  
- Repeat 10 times on each leg.                                                                                                              |
| ![Long sitting Image](image5)      |                                                                                                                                                                                                           |
| **Jack knife**                     | - Assume a push up position with your feet on an exercise ball  
- Brace your abdominal muscles.  
- Bring your knees towards the chest.  
- Keep your lower back straight.  
- Hold for 5 seconds.  
- Repeat 15 times.                                                                                                                     |
| ![Jack knife Image](image6)        |                                                                                                                                                                                                           |
## Sway back posture

### Gluteal activation

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| **Hip extension**  | - Whilst standing upright, extend your leg backwards until you feel your gluteals contract firmly.  
- Do not rotate your body or arch your lower back.  
- Hold for 5 seconds.  
- Alternate legs for 20 repetitions each.  

**Note:** Maintain your upright posture. You should not lean forward when doing this exercise. Hold onto a support (eg. back of a chair) if you have issues with maintaining your balance. |
| **Bridge**         | - Lie down on your back with your knees bent.  
- Flatten your lower back to the ground.  
- By pushing off with your heels, lift your buttocks off the floor.  
- Make sure you feel the gluteals muscle contract (not your hamstrings)  
- Hold for 5 seconds.  
- Repeat 15 times. |

### External oblique

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<tr>
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| **Side plank**   | - Assume position as shown. *(either on knees or feet depending on level of ability)*  
- Contract the muscles on the side of your abdomen that is closer to the ground.  
- Hold for 30 seconds.  
- Repeat 3 times.  
- Alternate sides. |
| **Plank with side hitch** | - Assume the plank position.  
- Brace your core muscles to maintain good alignment.  
- Proceed to bring knee to elbow of the same side.  
- Hold for 5 seconds.  
- Alternate sides for 10 repetitions. |
# How to stand properly when you have Sway back posture

<table>
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| ![Image](image1.png) | **STEP 1**: Stack pelvis on top of the ankle.  
- In sway back posture, the hips are driven too far forward.  
- *Bend forward at the hips until the greater trochanter and lateral malleolus should be in the same line.* |
| ![Image](image2.png) | **STEP 2**: Return hips to neutral  
- Whilst maintaining the hips in line with your ankles, bring the rest of your body to the upright position. |
| ![Image](image3.png) | **STEP 3**: Drop lower rib cage down  
- This will elongate the spine, reduce the arch in the middle of your back and reduce tension in the muscles. |
| ![Image](image4.png) | **STEP 4**: Re-position the shoulders  
- Gently roll your shoulders back and down.  
- Keep your muscles relaxed. |
| ![Image](image5.png) | **STEP 5**: Elongate/retract neck  
- Gently tuck your chin in.  
- Aim to feel a gentle upward pulling at the back of your neck.  
- Relax your muscles. Do not over tense your neck. |