

## RECONSTRUCTION STRETCH OUT



### Starting Position

- Lie on your back with knees bent and your feet flat on the floor



### Movement

- Exhale and slowly straighten your legs out towards the floor
- You will feel the stretch in your tummy
- Hold in this position, breathing in and out for three breaths before bending your knees up slowly and returning to the starting position
- Move slowly, gradually increasing the stretch as you feel comfortable



### Progression

- Once you are comfortable doing the above exercise, with or without a pole/stick reach your arms over your head
- Breathe throughout the exercise gradually increasing the stretch
- Repeat 3 - 5 times