**Appendix of Exercises – Exercises to be completed by listening to your body and pushing to your own limits, seek help if needed.**

1. **Pigeon Stretch**

A person sitting on a mat

Description automatically generated with low confidenceA person stretching on a yoga mat

Description automatically generated with medium confidence

1. **Sitting Glutes Stretch**

A person sitting in a chair

Description automatically generatedA person sitting on a chair

Description automatically generated with low confidence

1. **Glutes Stretch**

A person doing yoga

Description automatically generated with medium confidence

1. **Adductor Stretch**

A picture containing curtain, indoor, person, floor

Description automatically generated

**5. Adductor Stretch**

A person stretching on a yoga mat

Description automatically generated with medium confidence

**6. Frog Stretch**

A person sitting on a mat

Description automatically generated with low confidenceA person lying on a bed

Description automatically generated with low confidence

1. **Tennis Ball Stretch for Glutes**

A person lying on a mat

Description automatically generated with low confidence

1. **Tennis Ball Stretch for Obturator**

A person sitting on a stool

Description automatically generated with low confidenceA picture containing person, floor, wall, indoor

Description automatically generated

1. A picture containing curtain, floor, indoor, wall

   Description automatically generated**Standing Adductor Stretch**
2. A picture containing person

   Description automatically generatedA picture containing person, floor, indoor, bed

   Description automatically generated**Manual Self Adductor Release/Massage**
3. **Belly Breathing Exercise**

A picture containing person, indoor, curtain, laying

Description automatically generatedA person lying on her back with a blue ball in her hand

Description automatically generated with low confidence

1. **‘Pulling up the boots’**

A close-up of a baby's feet

Description automatically generated with low confidenceA picture containing person, clothing, indoor

Description automatically generatedA picture containing person, indoor, clothing

Description automatically generated

1. **V Shape Massage**

A picture containing person

Description automatically generatedA picture containing person

Description automatically generatedA picture containing person, clothing

Description automatically generated

1. **Peritoneum Lifting**

A picture containing person, indoor

Description automatically generatedA picture containing person, indoor, hand

Description automatically generatedA picture containing person, indoor

Description automatically generatedA person with her hand on her face

Description automatically generated with low confidence

1. **Colon Massage**

A picture containing person, clothing, indoor

Description automatically generatedA picture containing person, indoor

Description automatically generatedA picture containing person, person

Description automatically generatedA picture containing person

Description automatically generatedA picture containing person

Description automatically generated

1. **Bulbo Massage – Strumming guitar**

A picture containing person, indoor

Description automatically generatedA picture containing person, indoor

Description automatically generated

1. **A picture containing person, indoor

   Description automatically generatedBulbo Massage – Crimping**

**A picture containing person, indoor, blue

Description automatically generated**

1. **Adductor Fascia Self Massage/ Release**

A picture containing person, indoor

Description automatically generatedA picture containing person, indoor

Description automatically generated

1. **Perineum Massage**

A picture containing person

Description automatically generatedA picture containing person, indoor

Description automatically generatedA picture containing person

Description automatically generated

1. **Aloe Vera Gelly**

A picture containing text, person, game

Description automatically generated

1. **Portable Ultrasound Machine**

A person holding a video game controller

Description automatically generated with low confidenceA picture containing indoor, accessory, blue, case

Description automatically generated