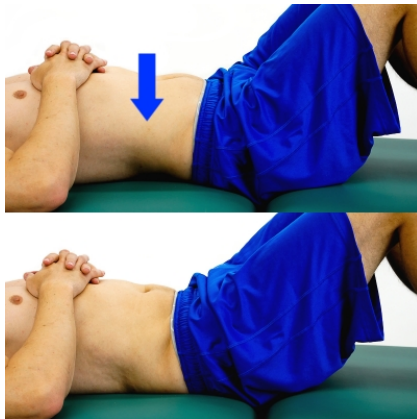




LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.

Repeat 15 Times
Hold 2 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 15 Times
Hold 3 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



STANDING HIP FLEXOR STRETCH - KNEE ON CHAIR

While standing, place your knee on a chair as shown. Next, bend your stance knee to stretch the front of the thigh on the leg that is on the chair.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



Single Knee to Chest Stretch

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 15 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Repeat 1 Time
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

BRACE SUPINE MARCHING

While lying on your back with your knees bent, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving.

Repeat 15 Times
Hold 1 Second
Complete 1 Set
Perform 3 Time(s) a Day



BRIDGING WITH PILLOW SQUEEZE

While lying on your back, place a pillow between your knees and squeeze the pillow. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Repeat 15 Times
Hold 3 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

