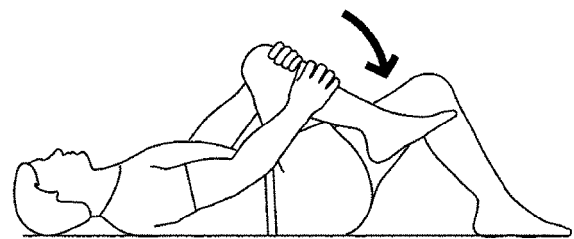


Stretch Quads supine

- Lie on back.
- Bring involved knee to chest.
- Grasp lower leg with hands and gently pull ankle to buttocks.
- Hold and repeat.
- If you have knee problems, grab under knee instead of on top.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



AROM lumbar rotn supine

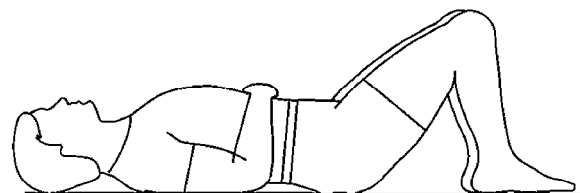
- Lie on back with knees bent, feet flat on floor as shown.
- Keeping knees together, move knees to the left as far as is comfortable.
- Next, move knees to the right as far as comfortable.
- Return to start position.

Special Instructions:

Keep your shoulders flat against the floor. Look in the opposite direction of where the legs are moving.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

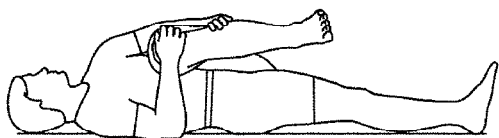
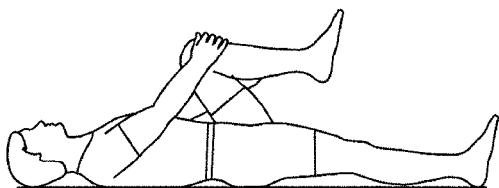


Stretch Piriformis supine w/hip flx

- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Grasp lower calf with your other hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

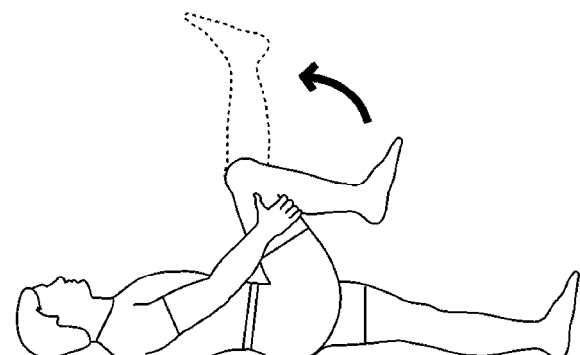


Stretch hamstrings supine active

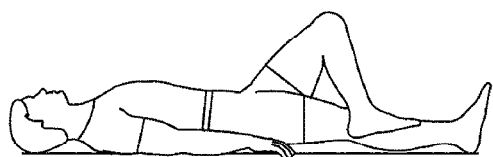
- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Repeat with other leg.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

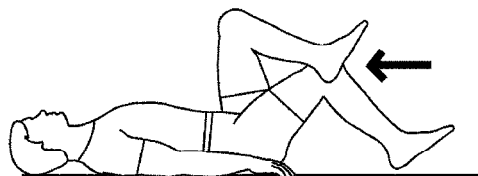


Stretch hip/knee figure 4



- Lie on back, knees bent.
- Move left ankle over right knee.
- Gently lift right knee up to chest until stretch is felt.
- Repeat with other leg.

Perform 1 set of 10 Repetitions,  
once a day.



Hold exercise for 10 Seconds.

AROM lumbar ext prone (elbow press ups)

- Lie face down, elbows bent, hands beside face.
- Push up to elbows, keeping hips on floor.
- Return to start position and repeat.

Special Instructions:

Perform at rate of one arch per second.  
Progress by straightening arms, pushing up.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.

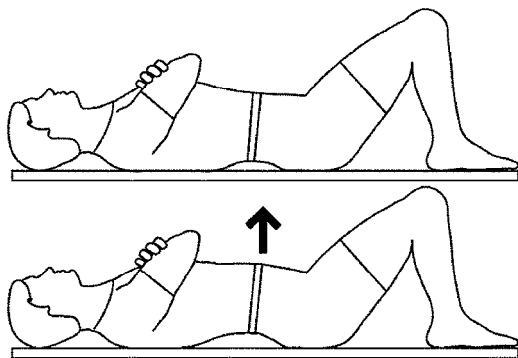


AROM lumbar pelvic tilt ant supine

- Lie on back, knees bent.
- Tighten low back muscles, arching low back off floor.
- Relax and repeat.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.



AROM lumbar bridging bil

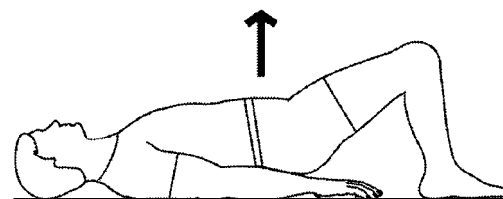
- Lie on back with knees bent.
- Lift buttocks off floor.
- Return to start position.

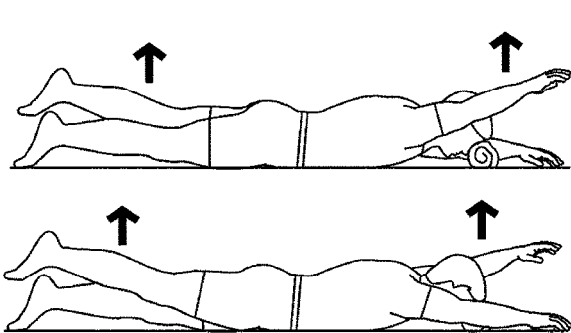
Special Instructions:

Maintain neutral spine.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.





AROM lumbar ext alt arm/leg prone

- Lie face down, with towel roll under forehead, arms outstretched over head as shown.
- Raise left arm and right leg off floor.
- Lower and repeat with right arm/left leg.
- Return to start and repeat the series.

Special Instructions:  
Progress by holding 2-3 secs.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.

AROM lumbar alt leg/arm (bird dog)

- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 secs.
- Return to start position and repeat with left leg and right arm.

Special Instructions:  
Maintain neutral spine, do not twist.  
Progress by placing weights on ankles and wrists.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.

