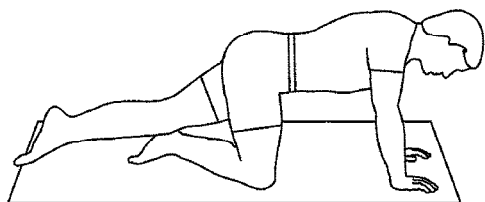


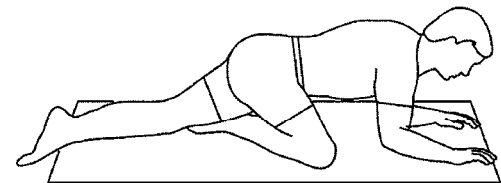
Stretch Piriformis 4 point kneel



- Position on all fours.
- Place right leg under left as shown.
- Rock backward until a stretch is felt in the right buttocks.
- Hold stretch, relax and repeat.
- Repeat stretch with left leg.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

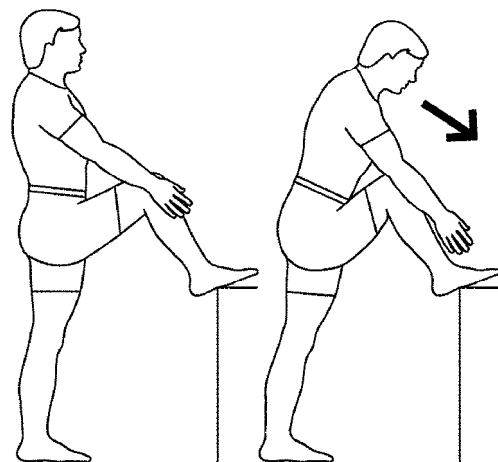


Mob sacral flex stand

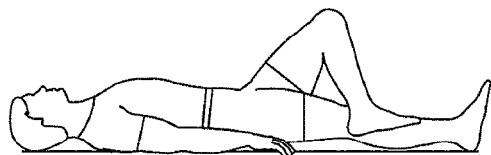
- Stand with right leg on low table or armrest of couch.
- Lean forward so that knee moves toward chest.
- A stretch will be felt in low back.
- Repeat with other leg.

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.

