



UPPER TRUNK ROTATIONS - UTR

Cross your arms over your chest, then twist your trunk to the side.
Video # VVJKT38VT

Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 10 Times a Day



Hip Flexor Stretch

Place one foot in front of the other, with the stretching leg in the back. Slightly lunge onto the front foot until a stretch is felt in the front of your hip/thigh of the back leg.

Repeat 3 Times

Hold 30 Seconds
Perform 1 Times a Day



Back Extension

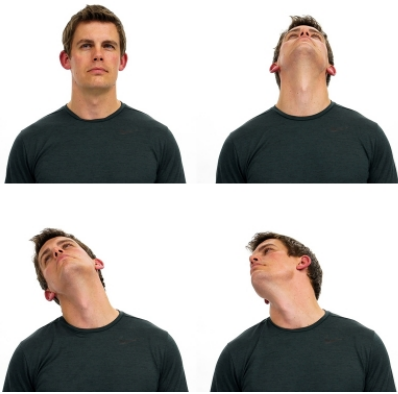
Sitting with elbows bent and hands on head, lean back so upper back is bending backwards over the chair.

If necessary, sit on a pillow to get stretch in correct area. Video # VVMAMUC2K

Repeat 6 Times
Complete 1 Set

Hold 10 Seconds
Perform 1 Times a Day

DEEP ANTERIOR NECK FLEXOR STRETCH



Start with your head in neutral position, then tilt upwards, followed by lateral tilt and finally rotate to the same side and hold. Keep your upper and lower teeth in contact during this stretch.

You should feel a stretch at the front/side of your neck opposite of the direction you are rotating. Video # VV4AEKQVH

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



Shoulder Blade Squeeze

Pull your shoulders down slightly and then roll them back trying to pinch your shoulder blades together slightly. This is the appropriate position for your shoulders and engages the smaller muscle between your shoulder blades that help with proper posture.

Repeat 10 Times

Hold 10 Seconds
Perform 3 Times a Day



Hamstring Stretch

Extend one leg straight out in front of you with toe pointed towards ceiling and knee straight
Straighten back and lean forward from the hips to increase stretch in back of straight thigh
Repeat on other side

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day

HIP STRETCH - IR FLEX ADD - SEATED



Start by sitting on a chair with one leg crossed so that your ankle on one leg is on top of the thigh of the other leg. Next, pull the top knee up and towards your midline for a gentle stretch to your buttock and hip. Hold and then return to starting position and repeat.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day

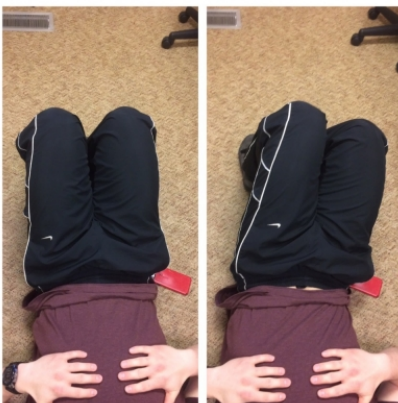


Pelvic Tilt

Lying on your back with your knees bent, gently flatten your back to the table and roll your hips up. Slowly return to the starting position and repeat.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 1 Times a Day



Knee Rocks

Lie on back with knees bent up. Perform kegel/Transversus abdominus contraction and hold while gently rocking knees side to side, starting with small motions.

Repeat 10 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day

BRIDGE - BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat. Video # VVTJZ7GYR



Repeat 10 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



SUPINE 90-90 MARCHING - PELVIC BRACING

Start by lying on your back with knees bent and flattening your pelvis and low back down to the floor. Brace and hold this position as you raise up one leg at a time to TABLE TOP position as shown. Your hips and knees should be bent to approximately 90 degree angles. Do not allow your low back to arch upwards for the entire exercise.



Next, lower one leg down close to touching the floor. Return that leg to 90-90 position and then repeat on the other side. Video # VVARE7T36



Repeat 10 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day

SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat. Video # VV3W4RJUU



Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day

DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest. Video # VVSHPUFNG



Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day

HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.



The bottom leg can be bent to stabilize your body. Video # VV4R4FB65

Repeat 10 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day

Clamshell

Begin Exercise laying on either side, then bend knees and hips as pictured above. While keeping hips and knees bent at same angle, slowly lift top-side leg away from bottom-side leg. Lift leg up until hips and upper body begin to roll backwards. When this happens, stop the movement, and slowly lower the leg back to starting position. Keep ankles together throughout entire movement.



Repeat 10 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



LATERAL PLANK MODIFIED

While lying on your side with your knees bent, lift your body up on your elbow and knees. Try and maintain a straight spine. Video # VV33MZ34Y

Repeat 10 Times
Complete 1 Set

Hold 3 Seconds
Perform 1 Times a Day



Prone Press Up

Prone press ups

Start with your hands in push up position. Press your chest up as high as you can using only your arms. Try to keep your hips on the mat and relax your stomach.

Stop the exercise and return to prone on elbow position if the pain or numbness moves further away from the lower back.

Repeat: ___ times
Hold: ___ seconds/minutes
Complete: ___ sets
Perform: ___ times per hour/day/week

Repeat 5 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day

PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time. Video # VVYXQ3QHJ

Repeat 10 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day





CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction. Video # VVWPCEBAB



Repeat 10 Times

Hold 2 Seconds

Complete 1 Set

Perform 1 Times a Day

QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Lower leg and arm down and then repeat with opposite side.

Maintain a level and stable pelvis and spine the entire time. Video # VVE7C35B7



Repeat 10 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day

CHILD POSE - 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. Video # VVAKQPLG3



Repeat 1 Time

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day