



Cat / Camel

On hands and knees.
Let stomach muscles relax and spine sag down.
Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat'.
Lower back down and repeat.
Move within your pain free range of motion.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Single Knee to Chest

Lying on back with knees bent and feet flat on the floor (can perform stretch sitting or standing as well).
Hug one knee up toward chest, hugging under the knee joint, to feel a stretch in the buttocks.

Sets:	1
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Flexors / High Lunge

Standing feet shoulder width apart and toes pointed forward. Step one foot forward into a lunge position staying up on the toe of the back foot.
Keeping upper body upright and pelvis square, attempt to straighten the back knee to feel a stretch in the front of the thigh and hip.

Sets:	1
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Leg Raise - Prone

Lie face down with a towel or pillow under pelvis.
Maintaining an abdominal hollow, slowly raise one leg up off the floor and hold.
Lower leg back to floor and alternate.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

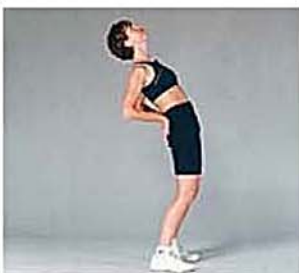


Lumbar Extension Full

Lying on stomach with hands on floor at shoulder level.
Slowly push upper body up off floor keeping pelvis in contact with floor.
Keep buttocks relaxed and allow low back to 'sag'.

Sets:	1
Reps:	12
Weight:	
Hold:	10 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Lumbar Extension - Standing

Standing tall, support upper body by placing hands on back of pelvis.
Squeeze buttocks and slowly arch backwards.

Sets:	1
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31