

## Lower Back

- 1) **Cross Leg**- Lay on your back with bend at hips and knees, place feet on solid surface (wall, furniture etc.) cross leg over the opposite thigh (shin on thigh) hold that ankle. Lift heel of the foot on the wall. Hold for 60 seconds and repeat 2-3 times, then switch legs. As glute area loosens you can move closer to the wall. Stretches glute and piriformis muscles.
- 2) **Knee To Chest (KTC)**- Lay on your back, leave one leg flat, and lift the other knee toward your chest. When moderate tension is felt, pull that knee with your arms toward opposite side shoulder/ribs (do not lift pelvis) - stretch in piriformis/glute. Hold for 60 seconds. Do other side. When you're done pull both knees to your chest for 60 seconds.
- 3) **FABERE Seated**- Sit with upright posture, cross one leg over the top of the other thigh (ankle on the thigh). Hold your ankle to prevent slipping – tilt at waist toward shin with sternum, do not flex/ bend neck or back. 60 seconds per side.
- 4) **Quad Prone**- Lay on your stomach, extend arms above your head and lift opposite arm and leg up toward ceiling. Lift off floor but not to maximum (do not strain). 5 seconds per side. Repeat until fatigued.
- 5) **Quad Kneeling (Cross Crawl)**- On your hands and knees reach out with arm (like pushing up above head) and opposite leg extension. Your arm and leg should be parallel to floor. The pelvis must remain level. No rotation. Hold for 5 seconds then complete on other side. Increased difficulty when done on unstable surface (i.e. mattress). Continue until unstable or fatigued.
- 1) **Butt Ups**- Lay on back with feet on floor with knees bent, raise pelvis up from floor, and hold for 5-10 seconds. Lower and repeat. Variations: (1) Butt up- rock feet with alternating motion. (2) Butt up with marching motion, small steps. (3) Butt up with kicking motion.  
\*\* During all butt ups must keep your pelvis level, this is critical.
- 6) **One Leg Stand**- Stand on one leg without shoes (have support available if you are unstable) hold your leg first to front, then back and then the side remaining as still as possible. This increases balance and ankle stability. Hold until ankle wobbles.
- 7) **Cossack**- Stand with your legs far apart and squat to one side bending that knee and keeping other one straight, working towards sitting on your heel. You can hold your arms to the front for balance or hold onto chair back. Alternate sides (Advanced exercise).

- 8) **Pelvic Tilt**- Sit on a physio ball or on the front of a chair. Try to tilt your pelvis to the front to increase your lumbar curve. Keep your upper body upright and still (Pregnant women- do this with your legs open, letting your abdomen drop between thighs).
- 2) **Crunches**- lay on back with knees bent. Pull bottom of ribs toward pubic bone, this will lift shoulders and upper back slightly. Variations- place hands on abs, crunch and twist shoulder toward opposite knee and reverse crunch (raise pelvis and knees to chest). Repeat until mild burning/fatigue in abs.
- 9) **Cobra**- Lay on your stomach and lift your head, then neck, then chest (in that order) with gentle arch using your paraspinal muscles. You may use your forearms for partial support but do not push with your arms. Pull with spine muscles. Hold 5 seconds, lower and then repeat until tired/warm.
- 10) **Kick Backs**- Stand with arms/forearms against wall (you can support your head on your hands). Bend one knee while standing on other leg- push/lift bent leg rearward to contract that side glute. Pulse backwards until warm, and then do it on other side.
- 11) **All Together Stretch (ATS)** - Lay on your back and roll pelvis to one side with your knees bent. Pull top leg's knee with opposite side hand up and toward opposite shoulder, reach behind with top arm and grab lower foot/ankle and pull heel to buttock. During this try to turn shoulders parallel to floor and face ceiling. Perform this stretch very gradually; muscle pull and cramping are possible. One of best whole body stretches. (Advanced stretch)
- 3) **Side Planks**- Lay on side with knees bent – support trunk with forearm (not elbow). Aim upper arm at the ceiling, lift pelvis lateral toward ceiling without rotation – drawing abdomen toward spine at the same time. Hold for 5-10 seconds lower to floor and repeat. Variation- front plank- support on both forearms, face down with rigid posture.