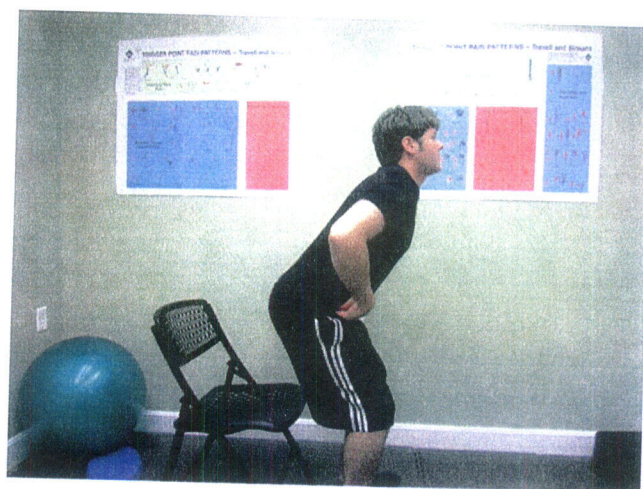


Hip Hinge



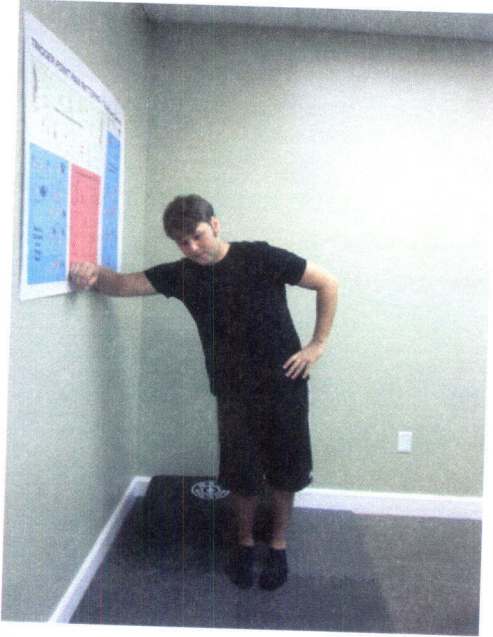
Procedure:

1. Stand with your knees slightly bent.
2. Keep your back straight or slightly extended.
3. Place one hand on your belly and one on your low back. Rotate your pelvis forward, you should feel slight stretch in hamstring and glut muscles.
4. You should feel your stomach bulge and your low back arch.
5. Squat down by bringing your hips backwards and down. Imagine someone is pulling your hips backward.
6. Make sure that your knees are behind your toes.
7. As you squat towards the ground make sure you do not round your back.

Notes:

- This can be used to sit into a chair or pick something up from the ground or on a table.

Antalgic Posture



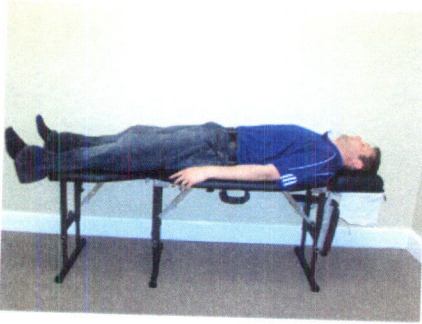
Setup:

1. Place your forearm of the side that you are leaning toward, onto a wall.
2. Keep your feet at least a foot from the wall.
3. Shift your pelvis into the wall.
4. Repeat trying to move closer to the wall each time.

Notes:

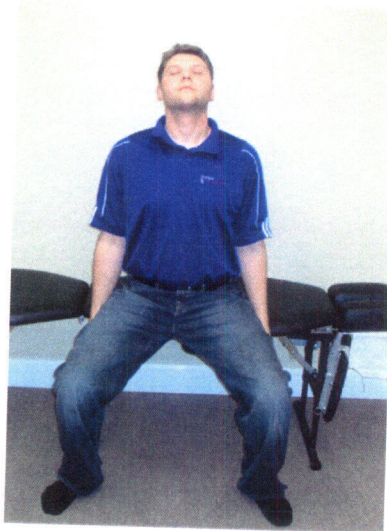
- After performing exercise you should stand more upright.
- Your pain should move towards the spine or decrease in nature.
- If you can stand upright after exercise, perform McKenzie extension exercises.

Lying down to sitting up



Procedure:

1. From lying on your back, roll onto your side keeping your back straight.
2. Now on your side, bring your knees towards your chest with your legs hanging off the bed, making sure not to round your back.
3. Swing your feet towards the floor while using your arm to push yourselves up into a seated position.



Sit to stand

Procedure:

1. Sit at the edge of the chair/bed, keeping your back extended.
2. Place your legs wide and feet underneath you. With your sternum up and out, look up at the ceiling and press up with your hips.
3. Make sure you are keeping your back extended and using your legs to do the work.

Standing Extension



Standing extension is to be used at work or when you can not get onto the floor

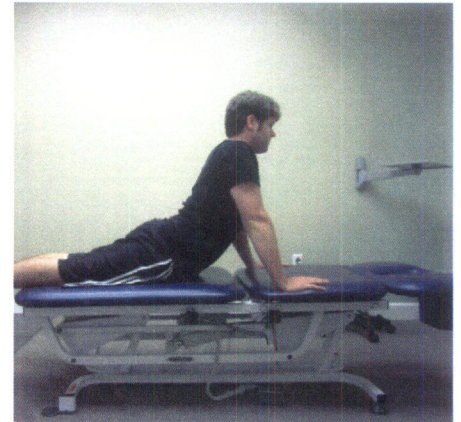
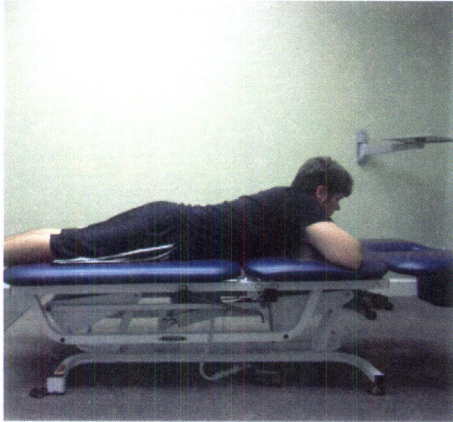
Setup:

1. Stand with feet wide apart and Sternum up and out.
2. Look up at ceiling and put your hands on the bumps at the top of your buttocks to create force to push your hips forward.
3. Lean backwards and use your hands to push on your PSIS to induce further extension.
4. Repeat several times.

Notes:

- The pain should move towards the spine or start to get better with this exercise.
- “Explode” through the hips.
- Make sure your sternum moves up and out.

Lumbar Extension



Phase 1:

1. Start by lying on your stomach.
2. Once comfortable, place your stacked fist under your chin, hold for 5 secs to 2 minutes. Repeat every waking hour.

Phase 2:

1. Start by lying on your stomach
2. Once comfortable, place your elbow under your shoulders. Like a child watching TV.
3. Let your stomach and butt muscles relax and breathe out.
4. Hold for 5-10 secs & repeat 10x (or hold 2-3 min), every waking hour.

Phase 3:

1. Start by lying on your stomach with your hands near your arm pits.
2. Once comfortable, press up with your hands and lock the elbows.
3. Let your stomach, butt muscles, and hamstrings relax and breathe out.
4. Hold for a few seconds and return to the ground
5. Repeat 10x, every waking hour.

Notes: Pain should start to move up the leg and into the back.