

DOUBLE KNEE TO CHEST STRETCH

While lying on your back, hold your knees and gently pull them up towards your chest.

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds



LOWER TRUNK ROTATIONS

Lying on your back with your knees bent, gently rock your knees side to-side.

Repeat 20 Times



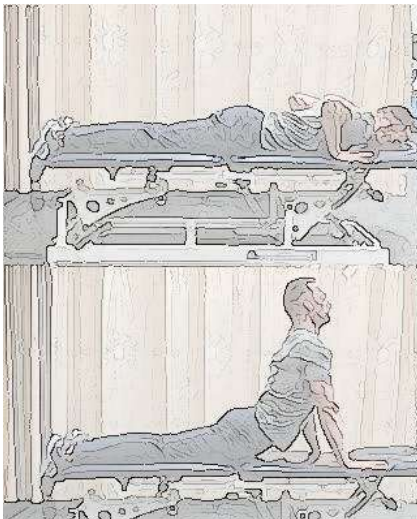
PRONE PRESS-UP

Begin by lying on your stomach with your hands placed under your shoulders. Now straighten your arms as far as you're able, raising your torso up off the table/floor. Try to keep your back, buttock, and stomach muscles as relaxed as possible. Once you reach the point of restriction, return to the start position. Don't feel the need to force the motion, but do try to get further on each repetition as able.

This should be a slow and controlled motion.

Repeat 5 Times
Complete 1 Set

Hold 10 Seconds



SIDEBENDING

While standing, keep both feet flat on the floor and both knees straight while bending to the right. Reach over head with left arm and reach down to the floor with your right hand. Repeat on left side.



Repeat 3 Times
Complete 1 Set

Hold 20 Seconds

BUTTERFLY STRETCH

Sit down with your back flat against a wall and begin by bending your knees out to the side and allowing the bottom of your feet to touch in front of your pelvis. Then, place your hands on your ankles (not your feet) and begin to lean forward until a stretch is felt in the adductor muscles (along the inner thigh/groin region). Keep the back straight as you lean forward by hinging at the hips. Once a stretch is felt, hold for 20 seconds. The elbows can be used to press down at the knees for a more intense stretch.



Repeat 3 Times
Complete 1 Set

Hold 20 Seconds

HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg. Keep your knee in a straightened position during the stretch. Repeat on both legs.



Repeat 3 Times
Complete 1 Set

Hold 20 Seconds



HIP FLEXOR STRETCH

While kneeling down on one knee, shift your weight forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side. Repeat on both legs.

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds

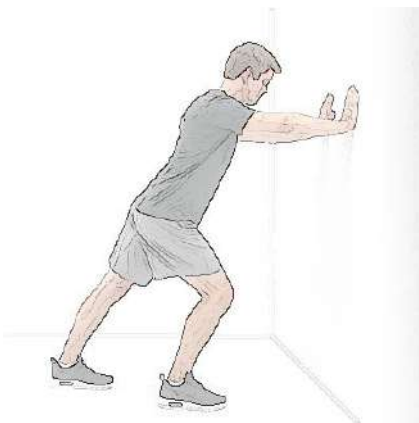


QUAD STRETCH - STANDING

While in a standing position and holding onto a chair for stability, bend your knee back behind and hold your ankle/foot. Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh. Repeat on both legs.

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds

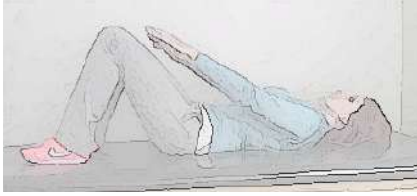


STANDING CALF STRETCH

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch. Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is farthest behind you. Move closer or further away from the wall to control the stretch of the back leg. Also, you can adjust the bend of the front knee to control the stretch as well. Repeat on both legs.

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds



ABDOMINAL CRUNCH

Lie with knees bent and feet flat on the ground. Extend arms in front of you towards the knees, and when you contract your abs, move your hands closer to your knees.

Repeat 10 Times

Hold 5 Seconds

Complete 1 Set

CERVICAL FLEXION

Tilt your head downwards. Hold. Then return back to looking straight ahead.

Repeat 10 Times

Hold 5 Seconds

Complete 1 Set



CERVICAL EXTENSION

Tilt your head upwards. Hold. Then return back to looking straight ahead.

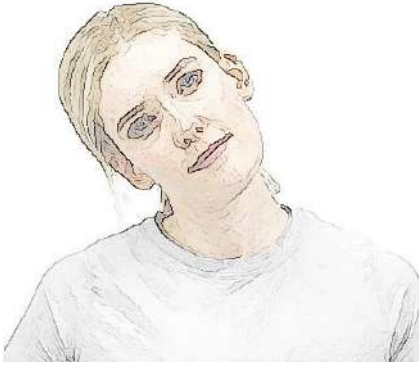
Repeat 10 Times

Hold 5 Seconds

Complete 1 Set



CERVICAL SIDE BEND



Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time) Repeat on both sides.

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds

CERVICAL ROTATION



Turn your head towards the side, then return back to looking straight ahead. Repeat on both sides.

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds

ISOMETRIC CERVICAL FLEXION



Place the palms of both your hands on your forehead. Push your head back with your hands but resist the movement with your front neck muscles.

Repeat 5 Times
Complete 1 Set

Hold 15 Seconds



ISOMETRIC CERVICAL EXTENSION

Place your hands behind your head, pull hands forward and press the back of your head into your hands.

Repeat 5 Times

Hold 15 Seconds

Complete 1 Set



ISOMETRIC CERVICAL ROTATION

In either a sitting or lying down position, place your hand on the side of your head. Gently rotate your head into your hand without allowing your head to turn. Repeat on both sides.

Repeat 5 Times

Hold 15 Seconds

Complete 1 Set



ISOMETRIC SIDEBENDING

Seated in a chair, place one hand on the side of your head. Push your hand into your head and your head into your hand. Attempting to bring your ear to your shoulder. Match the pressure from the head with the pressure from your hand so that neither move. Repeat on both sides.

Repeat 5 Times

Hold 15 Seconds

Complete 1 Set

PLANK PLUS

Perform a plank on your elbows as shown and sustain the hold. While holding, raise your shoulder blades up a few more inches, rotate your pelvis and tuck your tailbone under. Hold. Then return to original position. Start with 3 reps and 15 second holds. Increase your plank time daily.



Repeat 3 Times
Complete 1 Set

Hold 15 Seconds

RESTING BACK

Lie on your back and place your legs on a chair as shown. This helps to reduce the pressure through the low back and may offer a position of relief. Lay here at least 5 minutes as a recovery position or as long as is comfortable.

