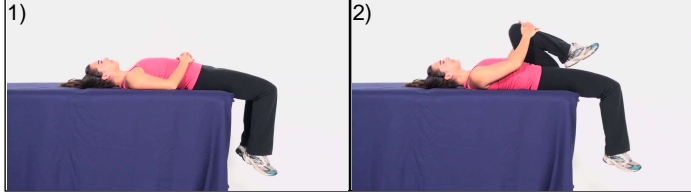


### Stretch hip flexors supine 1

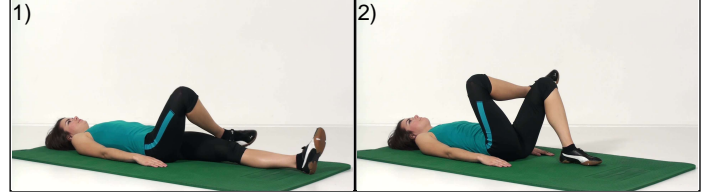


- Lie on back, with knees bent, hanging off edge of bed.
- Pull one knee up to chest.
- Keep other thigh flat on bed.
- Repeat with other leg.

Perform 4 sets of 12 repetition(s), three times a day.

Hold exercise for 12 Seconds.

### Stretch hip/knee figure 4



- Lie on back, knees bent.
- Move left ankle over right knee.
- Gently lift right knee up to chest until stretch is felt.
- Repeat with other leg.

Perform 4 sets of 12 repetition(s), three times a day.

Hold exercise for 12 Seconds.

### Stretch Piriformis longsit

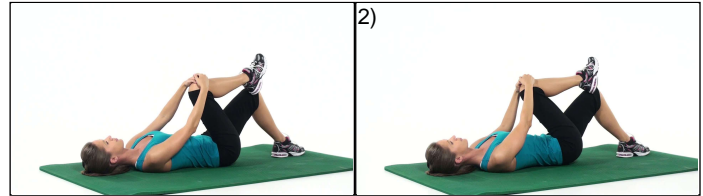


- Sit with one knee bent, ankle to inside of extended leg, as shown.
- Grasp knee and pull thigh across toward opposite shoulder.
- Relax and repeat with other leg.

Perform 4 sets of 12 repetition(s), three times a day.

Hold exercise for 12 Seconds.

### Stretch Piriformis supine w/hip ER



- Lie on back with knees bent.
- Cross one leg over the other.
- Grasp knee and ankle as shown.
- Pull knee across chest to opposite shoulder as shown.
- Repeat with other leg.

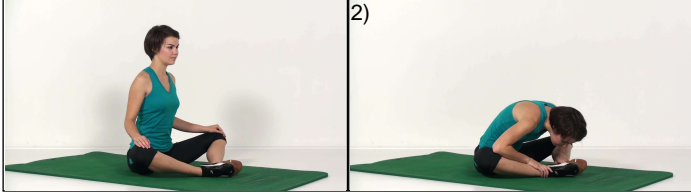
Perform 4 sets of 12 repetition(s), three times a day.

Hold exercise for 12 Seconds.

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### Stretch groin sit



- Sit with knees bent, soles of feet together.
- Slowly let your knees drop to floor.
- Grasp ankles with hands and lean forward from the hips.

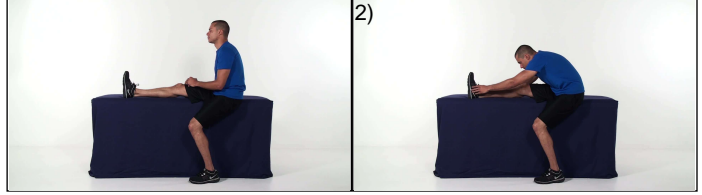
#### Special Instructions:

Try to keep elbows on inside of knees.

Perform 4 sets of 12 repetition(s), three times a day.

Hold exercise for 12 Seconds.

### Stretch hamstring uni long sitting

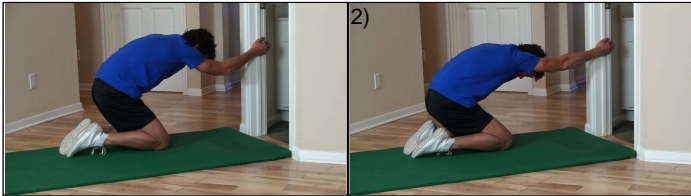


- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.

Perform 4 sets of 12 repetition(s), three times a day.

Hold exercise for 12 Seconds.

### Stretch Lattisimus/Obliques kneeling

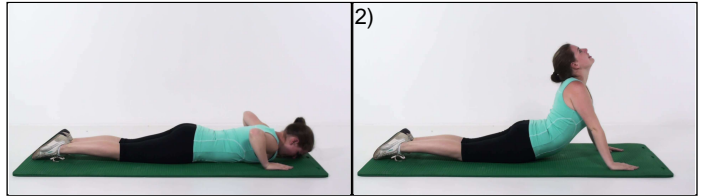


- Kneel on floor as shown.
- Reach forward with arm, grasping a secure object.
- Lean back toward heels.
- Repeat with other side.

Perform 4 sets of 12 repetition(s), three times a day.

Hold exercise for 12 Seconds.

### AROM lumbar ext prone (full press ups)



- Lie face down, elbows bent, hands beside face.
- Push up on hands, straighten elbows, keeping hips on floor.
- Return to start position and repeat.

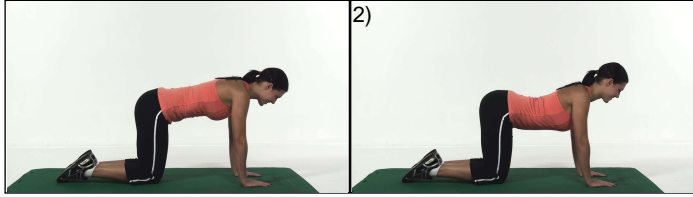
Perform 4 sets of 12 repetition(s), three times a day.

Hold exercise for 12 Seconds.

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AROM lumbar ext quadruped (cat)



- Position in four point kneeling, spine in neutral, as shown.
- Gently arch back downward.
- Return to neutral and repeat.

Perform 4 sets of 12 repetition(s), three times a day.

Hold exercise for 12 Seconds.

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