



POSTERIOR PELVIC TILT

Lie on your back on a firm surface with knees comfortably bent (top picture). Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture).

Repeat 3 Times
 Hold 15 Seconds
 Complete 3 Sets
 Perform 2 Times a Day



SINGLE KNEE TO CHEST STRETCH

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 10 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 2 Times a Day



DOUBLE KNEE TO CHEST STRETCH

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

Repeat 3 Times
 Hold 15 Seconds
 Complete 3 Sets
 Perform 2 Times a Day



PIRIFORMIS STRETCH

Cross legs, right on top. Gently pull left knee toward chest until stretch is felt in buttock/hip of right leg. For additional stretch, push down gently on right knee. Repeat on both sides.

Repeat 3 Times
 Hold 15 Seconds
 Complete 3 Sets
 Perform 2 Times a Day



LUMBAR ROTATIONS

Lying on your back with your knees bent, slowly drop your legs to one side and hold the stretch. Come back to the middle and switch sides. You should feel the stretch in your back on the opposite side that your legs are leaning. Complete this exercise for 3 minutes.

Repeat 3 Times
 Hold 30 Seconds
 Complete 3 Sets
 Perform 2 Times a Day



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 under your leg. Calf area. Keep your knee in a straightened position during the stretch

Repeat 3 Times
 Hold 15 Seconds
 Complete 3 Sets
 Perform 2 Times a Day