

Single Knee to Chest

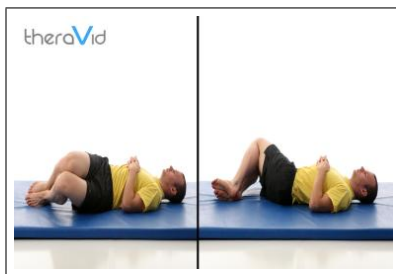


SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin by lying with knees bent and feet on the surface. Place your hands behind your thigh on the side you wish to stretch. Pull your knee towards your chest. Hold as directed. Repeat as directed.

Comments:

Lower Trunk Rotations



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Lie with both feet placed flat on the supporting surface and knees bent. Keeping your shoulders flat on the surface, allow your knees to slowly fall together to the side, rotating at your lower back as you do so. Return to the starting position and then allow them to slowly fall to the opposite side. Repeat as directed.

Comments:

Seated Lumbar Flexion



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin by sitting at the edge of a chair with your legs spread. Place both hands between your legs and gently lean forward, allowing your lower back to bend. Hold as directed. Repeat as directed.

Comments:

Double Knee to Chest



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Lie on your back with your knees bent and your feet flat on the floor or bed. Bring both knees up toward your chest. Place both hands around your knees and gently but firmly pull the knees as close to the chest as pain permits. Hold for 1-2 seconds, and return to starting position. Make sure you do not raise your head or straighten your legs at any point. Try to pull your knees a bit further into your chest with each repetition.

Comments:

Modified Piriformis Stretch



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin lying on your back with your knees bent and feet flat on the floor. Cross the leg you intend stretch across the other leg by placing your ankle on the opposite knee. Grasp the knee of the leg to be stretched, and slowly and gently pull toward your opposite shoulder. You should feel a stretch deep in your buttock area. Hold as directed. Repeat as directed.

Comments: