

STEP 1



STEP 2



## Sidelying Open Book Thoracic Lumbar Rotation and Extension

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

### Setup

- Begin lying on your side with your bottom leg straight, your top leg bent at 90 a degree angle, and your arms straight on the ground together.

### Movement

- Slowly move your top arm away from your other arm, toward the floor on the other side, rotating your trunk at the same time.

### Tip

- Make sure to keep your top leg on the floor and only go as far as you can without arching your back.

STEP 1



STEP 2



## Quadruped Thoracic Rotation with Hand on Neck

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

### Setup

- Begin on all fours. Place one hand on the back of your neck.

### Movement

- Slowly rotate your trunk up and back on the same side as your bent arm. Pause briefly, then return to the starting position and repeat.

### Tip

- Try to maintain a gentle chin tuck during this exercise. Avoid arching your low back as you rotate your trunk.

STEP 1



STEP 2



## Thomas Stretch with Strap

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

### Setup

- Begin sitting at the edge of a bed or table with both legs hanging off the edge.

### Movement

- Lift one leg toward your chest, loop a strap under your foot, then slowly roll onto your back, holding your leg in the bent position. Let your other leg hang toward the floor. You should feel a stretch in the front of your hip.

### Tip

- Make sure not to let your low back arch during the stretch.

STEP 1



STEP 2



## Doorway Piriformis Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 5x | DAILY: 3x

### Setup

- Begin lying on your back in a doorway with your legs next to the doorframe.

### Movement

- Bend your leg to place your inside foot flat on the frame, then lift your other foot and place it on your bent knee. Hold this position.

### Tip

- Make sure to maintain a gentle stretch and only move in a comfortable range.