

3. *Sitting Rotation Stretch*

Repetitions
2 sets of 4
Days per week
Daily

Main muscles worked: Piriformis, external oblique rotators, internal oblique rotators
 You should feel this stretch in your buttocks, as well as at your sides

Equipment needed: None



Step-by-step directions

- Sit on the floor with both legs straight out in front of you. Cross one leg over the other.
- Slowly twist toward your bent leg, putting your hand behind you for support.
- Place your opposite arm on the side of your bent thigh and use it to help you twist further.
- Look over your shoulder and hold the stretch for 30 seconds. Slowly come back to center.
- Repeat on the other side. Repeat the entire sequence 4 times.

Tip Sit up tall and keep your sit bones pressed into the floor throughout the stretch.

4. *Modified Seat Side Straddle*

Repetitions
10 each side
Days per week
Daily

Main muscles worked: Hamstrings, extensor muscles, erector spinae
 You should feel this stretch in the back of your thighs and into your lower and middle back

Equipment needed: None



Step-by-step directions

- Sit on the floor with one leg extended to the side and the other leg bent.
- Keep your back straight and bend from your hips toward the foot of your straight leg. Reach your hands toward your toes and hold for 5 seconds.
- Slowly round your spine and bring your hands to your shin or ankle. Bring your head down as close to your knee as possible.
- Hold for 30 seconds and then relax for 30 seconds.
- Repeat on the other side. Repeat the sequence 10 times.

Tip Keep your extended leg straight as you bring your head down.

5. Knee to Chest

Repetitions

3 sets of 10

Days per week

Daily

Main muscles worked: Quadratus lumborum

You should feel this stretch in your lower back, as well as in the front of your hip and inner thigh

Equipment needed: None



Step-by-step directions

- Lie on your back on the floor.
- Lift one leg and bring your knee toward your chest. Grasp your knee or shin and pull your leg in as far as it will go.
- Tighten your abdominals and press your spine to the floor. Hold for 5 seconds.
- Repeat on the other side, then pull both legs in together. Repeat the sequence 10 times.

Tip Keep your spine aligned to the floor throughout the sequence.

Abdominal Crunches on Physioball

Start by having your hips just off the Physioball. Keep your feet about shoulder width apart, and place your hands across your chest.

Draw in abdominal muscles and maintain, crunch forward and lift your shoulder blades off the ball. Hold at the top for 1 - 2 sec. and lower back down to starting position. Repeat 10 - 20 times.



Abdominals Crunches on Physioball with rotation

Start by having your hips just off the Physioball. Keep your feet about shoulder width apart, and place your hands across your chest. Draw in abdominal muscles and maintain, crunch forward and lift your shoulder blades off the ball. As you get halfway up twist your body to one side. Hold for 1 - 2 sec. at the top, and as you uncurl and lower back down to starting position; alternate sides. Repeat 10 - 20 times.



Bridging with head on Physioball

Shoulder blades are aligned at the top and middle of the ball with arms across chest. Your feet are placed on the ground shoulder width apart; and your thighs should be parallel with the ground. Draw in abdominal muscles; engage glutes and hamstrings to maintain straight line from neck to knees. Hold this position for 3 - 5 sec. Then slowly relax and Repeat 10-20 times.



Supine Bridging on Physioball

Lie facing upward on floor with knees straight, feet resting on physioball, arms at sides; draw in abdominal muscles and maintain throughout exercise; slowly lift your butt off floor until trunk is parallel to thighs; hold for 3-5 seconds; slowly return to starting position. Repeat 10-20 times.



Abdominal Draw In, Seated on Physioball with leg extension

Begin by sitting on Physioball with your spine straight, knees at 90 degrees and your hands on your hips. Your feet should be shoulder width apart; draw in abdominal muscles and maintain this position throughout the exercise. Begin by slightly lifting your right or left knee and perform a leg extension hold for 3 -5 second count; keeping hips level then alternate repeating on opposite side. Repeat 10 - 20 times



6. Bird Dog

Repetitions
5
Days per week
Daily

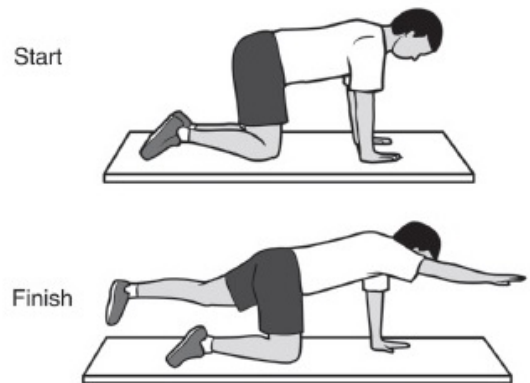
Main muscles worked: Back extensors, erector spinae, gluteal muscles
 You should feel this exercise in your lower back and into your buttocks

Equipment needed: None

Step-by-step directions

- Begin on your hands and knees with your shoulders positioned over your hands and your hips directly over your knees.
- Tighten your abdominal muscles and raise one arm straight out to shoulder-height and level with your body. Hold until you feel balanced.
- Slowly lift and extend the opposite leg straight out from your hip.
- Tighten the muscles in your buttocks and thigh, and hold this position for 15 seconds.
- Slowly return to the start position and repeat with the opposite arm and leg.

Tip Keep your stomach muscles tight and your back flat to stay balanced.



7. Plank

Repetitions
5
Days per week
Daily

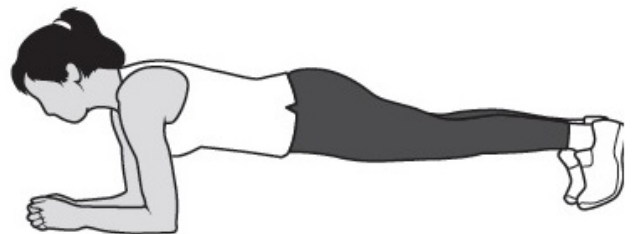
Main muscles worked: Back extensors, erector spinae, quadratus lumborum, abdominals
 You should feel this exercise in your middle to lower back, abdominals, and gluteal muscles

Equipment needed: None

Step-by-step directions

- Lie on your stomach with your forearms on the floor and your elbows directly below your shoulders.
- Tighten your abdominal muscles and lift your hips off of the floor.
- Squeeze your gluteal muscles and lift your knees off of the floor.
- Keep your body straight and hold for 30 seconds. If you cannot hold this position, bring your knees back to the floor and hold with just your hips lifted.
- Slowly return to the start position and rest 30 seconds. Repeat.

Tip Do not let your pelvis sag toward the floor. Keep your stomach muscles tight.



8. Modified Side Plank

Repetitions

5

Days per week

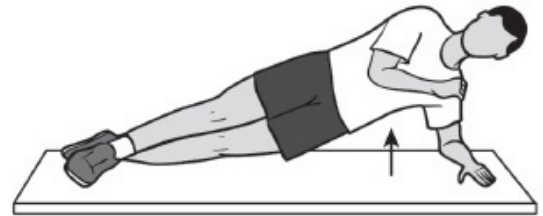
Daily

Main muscles worked: Quadratus lumborum, external oblique rotators, internal oblique rotators
 You should feel this exercise in your lower back, waist, and abdominals

Equipment needed: None

Step-by-step directions

- Lie on your side on the floor with your bottom leg slightly bent and top leg straight. Your elbow should be directly under your shoulder with your forearm extended on the floor in front of you.
- Tighten your abdominal muscles and raise your hip off of the floor.
- If you can, straighten your bottom leg and lift your knee off of the floor as shown.
- Keep your body straight and hold this position for 15 seconds.
- Slowly return to the start position and repeat on the other side.



Tip Keep neck in alignment with your spine and do not shrug your shoulder up to your ear.

9. Hip Bridge

Repetitions

5

Days per week

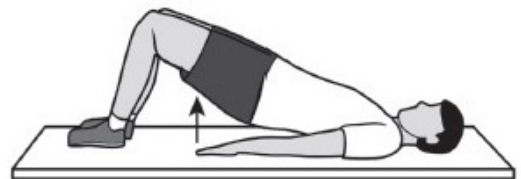
Daily

Main muscles worked: Lower back extensor, erector spinae, gluteal muscles, hamstrings
 You should feel this exercise in your lower back, buttocks, and back of your thigh

Equipment needed: None

Step-by-step directions

- Lie on your back on the floor with your arms at your sides, your knees bent, and your feet flat on the floor.
- Tighten your abdominal and gluteal muscles and lift your pelvis so that your body is in a straight line from your shoulders to your knees.
- Hold this position for 15 seconds.
- Slowly return to the start position and repeat.



10. Abdominal Bracing

Repetitions
5

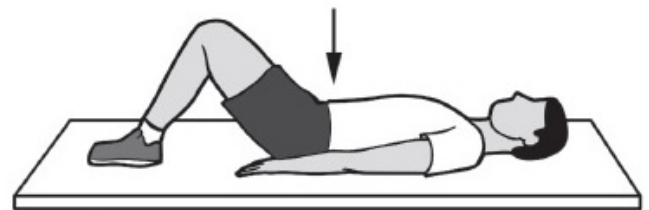
Main muscles worked: Abdominals
 You should feel this exercise in your stomach muscles

Days per week
Daily

Equipment needed: None

Step-by-step directions

- Lie on your back on the floor with your knees bent and arms at your sides.
- Tighten your abdominal muscles so that your stomach pulls away from your waistband.
- Hold this position for 15 seconds.



Tip Flatten your lower back into the floor.

11. Abdominal Crunch

Repetitions
2 sets of 10

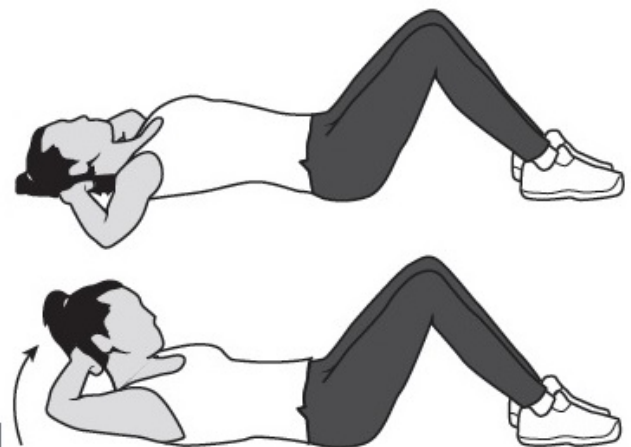
Main muscles worked: Abdominals
 You should feel this exercise in your stomach muscles

Days per week
Daily

Equipment needed: None

Step-by-step directions

- Lie on your back on the floor with your knees bent and hands at the back of your head with your elbows open wide.
- Tighten your abdominal muscles and lift your head and shoulder blades off of the floor.
- Keep your back flat to the floor and hold for 2 seconds.
- Slowly lower and repeat.



Tip Relax your neck and do not pull on your head with your hands.

2- Hip Flexor Stretch

Kneel with affected knee on the ground, same side arm goes back causing pelvis (hips) to shift forward, and back to extend. Hold for 20-30 seconds. Repeat 3 times.



3- Adductor Stretch

Prop the inside of your ankle up on a table, lean into the side you're stretching. Hold for 20-30 seconds. Repeat 3 times.



4- Hamstring Stretch

Prop the back of your heel up on a table, keep your back straight, and lean forward at the hips. Hold for 20-30 seconds. Repeat 3 times.



5- Dynamic Hamstring Stretch

Lie on your back, reach hands behind your knee, keep knee at 90 degree angle, and kick up until you feel stretch. Repeat 15-20x each side.



6- Sidelying ITBand Stretch

Lie on your side, use a towel, or band and pull foot back as if stretching quadriceps, use opposite foot to push down on distal part of leg. Hold this stretch for 1 min. Repeat as needed.



8- Glute Stretch

Prop the outside of your ankle up on a table, make sure leg is at 90 degrees, keep your back straight, and lean forward at the hips. Hold for 20-30 sec. Repeat 3 times.



9- Prayer → Cat → Camel

Start on all fours. Prayer- Exhale as you sit back onto heels, lower head, tuck chin and reach arms out. Cat- Inhale as you arch the back up and hollow out abdominals while head remains tucked. Camel- Exhale and lower abdominal and reach chin towards ceiling. Tuck chin and sit back into Prayer position. Repeat 5 times.

