

## COMMENTS:

All of these movements should be performed at a "light to medium" level of stretch intensity. You should not be feeling any increase in pain during or after the exercises. If you do, please discontinue the exercise.

1



### SINGLE KNEE TO CHEST STRETCH - SKTC

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

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Times a Day  
Video # VV3W4RJUU

2



### DOUBLE KNEE TO CHEST STRETCH - DKTC

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

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Times a Day  
Video # VVSHPUFNG

3



### LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

Repeat 3 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 2 Times a Day  
Video # VVHFZ3NCW

4



### CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction.

Repeat 3 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 2 Times a Day  
Video # VVWPCEBAB

5



### PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows. Hold, lower back down and repeat.

Repeat 3 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 2 Times a Day  
Video # VVP39UKGJ

6



### CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Times a Day  
Video # VVAKQPLG3