

DOUBLE KNEE TO CHEST STRETCH - DKTC

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

Video # VVSHPUFNG



Repeat	1 Time
Hold	10 Seconds
Complete	6 Sets
Perform	1 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 along the backside of your leg.

Keep your knee in a straightened position during the stretch.

Video # VVQGB3WMY



Repeat	1 Time
Hold	10 Seconds
Complete	3 Sets
Perform	1 Times a Day

PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Video # VVDKWUAS7



Repeat	1 Time
Hold	10 Seconds
Complete	3 Sets
Perform	1 Times a Day



LOWER TRUNK ROTATIONS - LTR - WIG WAGS - KNEE ROCKS

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.

Video # VVHFZ3NCW

Repeat 1 Time
Hold 10 Seconds
Complete 6 Sets
Perform 1 Times a Day



SIDE LYING TRUNK ROTATION

While lying on your side with your arms outstretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand.

Video # VVBAH3Q36

Repeat 1 Time
Hold 10 Seconds
Complete 6 Sets
Perform 1 Times a Day



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.

Video # VVAKQPLG3

Repeat 1 Time
Hold 10 Seconds
Complete 6 Sets
Perform 1 Times a Day



CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side.

Video # VV8QWGRE2

Repeat 1 Time
Hold 10 Seconds
Complete 6 Sets
Perform 1 Times a Day



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.

Video # VVWPCEBAB

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



PRONE ON ELBOWS - POE

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

Video # VVP39UKGJ

Repeat 1 Time
Hold 30 Seconds
Complete 5 Sets
Perform 1 Times a Day