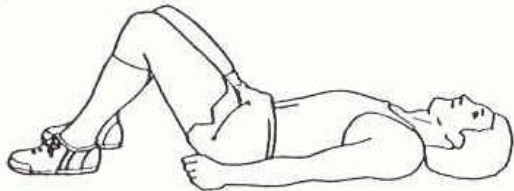


LOW BACK / MID BACK STRETCHES

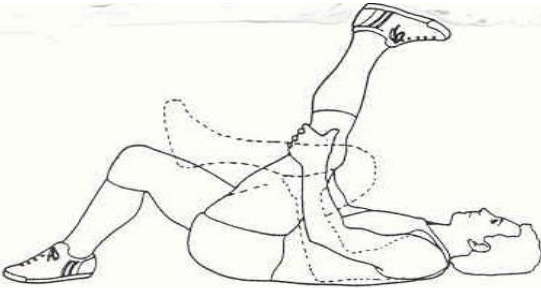
Pelvic Tilt



Lay flat on floor with knees bent and feet flat (**Neutral position**). Use deep, lower abdominal muscles to tip pelvis back lightly, pushing your low back flat against the floor. This is a perfect front line stretch and stabilizing technique for neurologic injuries and sprains. Hold each contraction for 10 to 15 seconds.

10 to 15 Repetitions 3 to 4 Times/day

Single Leg Hamstring Stretch



Start from **neutral position**, lying on floor with shoulders back, knees bent so your feet sit flat on the ground. Start by first bringing your knee toward your chest with both hands. When your knee is drawn comfortably back, straighten your leg toward the sky. Reinforce your leg by supporting with both hands to the back side of your knee. **Maintain a gentle but firm, sustained stretch. No bouncing.** Hold stretch for 15 to 30 seconds, switch to opposite leg.

2 Repetitions/leg 3 to 4 Times/day

Knee to Chest Stretch (single)



Start from **neutral position**. With abdomen held firm and low back pressed lightly into the floor, use both hands to bring knee back toward the chest. **Maintain a gentle but firm, sustained stretch. No bouncing.** Hold stretch for 15 to 30 seconds, switch to opposite leg.

6 to 10 Repetitions/leg 3 to 4 Times/day

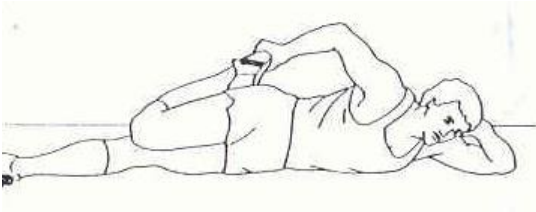


Knee to Chest Stretch (double)

Start from **neutral position**. With abdomen held firm and low back pressed lightly into the floor, use both hands to bring knees back toward the chest. **Maintain a gentle but firm, sustained stretch. No bouncing.** Hold stretch for 15 to 30 seconds.

6 to 10 Repetitions/leg

3 to 4 Times/day

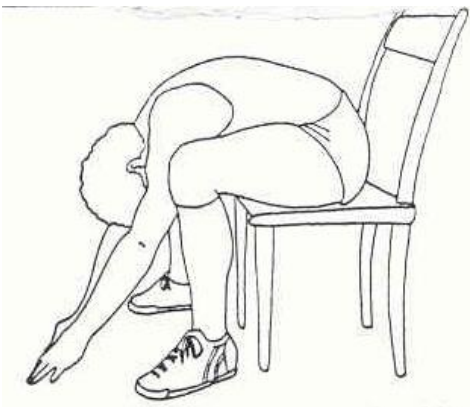


Side Lying Quadriceps Stretch

Lay to one side, head supported by downside hand and arm. Grasp lower portion of the top side foot with the remaining free hand. Bring heel up toward the buttock. **Maintain a gentle but firm, sustained stretch. No bouncing.** Hold stretch for 15 to 30 seconds.

6 to 10 Repetitions/leg

3 to 4 Times/day



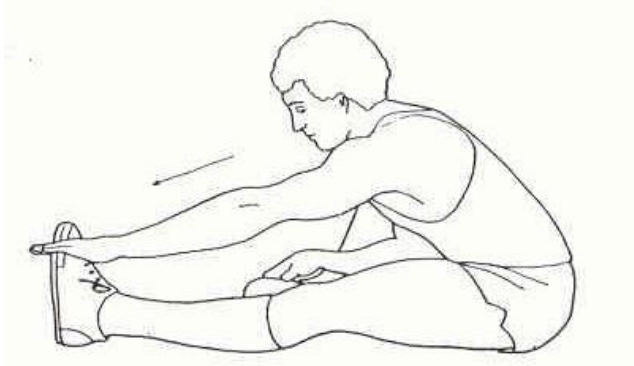
Forward Flexion Stretch from Chair

From a seated position, sitting up full in a straight back chair, slowly bend forward from the waist and attempt to touch hands flat to the floor. **Maintain a gentle but firm, sustained stretch. No bouncing.** Hold stretch for 15 to 30 seconds.

6 to 10 Repetitions/leg

3 to 4 Times/day

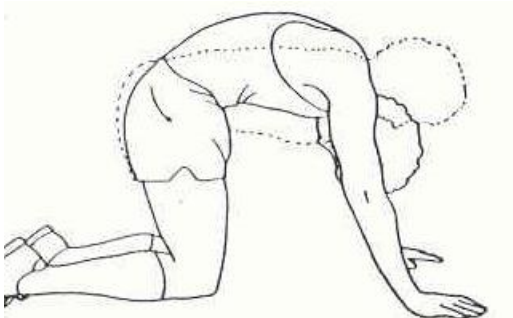
Runners Hamstring Stretch



Start from the seated "figure four" position. In this position, the sole of one foot is placed against the inside surface of the knee joint from a seated position (see diagram). Slowly lean forward as if to touch your toes on extended leg side. Repeat on opposite leg. **Maintain a gentle but firm, sustained stretch. No bouncing.** Hold stretch for 15 to 30 seconds.

2 to 4 Repetitions/leg 2 to 4 Times/day

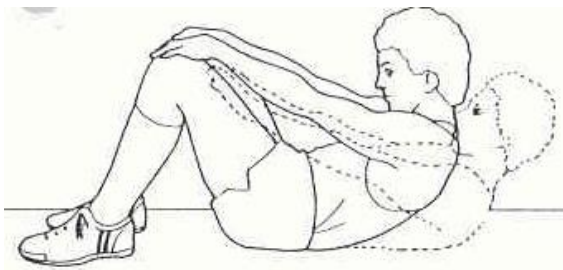
Cat and Camel Stretch



Start from hands and knees position. Slowly drop head, round shoulders, and bring your mid back into full arch position, as if trying to touch the ceiling. Hold full upward stretch for 3 to 5 seconds and slowly recoil, bringing abdomen down toward the floor and drawing your mid back into full extension. Hold position for 3 to 5 seconds.

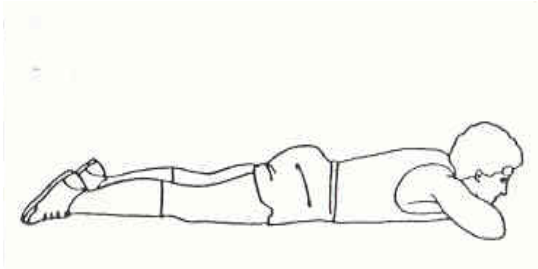
10 to 15 Repetitions 2 to 4 Times/day

Abdominal Crunches



Start from **neutral position**, with knees bent and feet flat on the floor. Lightly tighten abdomen and lift shoulders from the surface of the floor straight up toward the ceiling, drawing your leverage from the abdominal muscles. **Be careful not use neck muscles for leveraging.** Using the neck to create this movement is strenuous, and often will often irritate this muscle group.

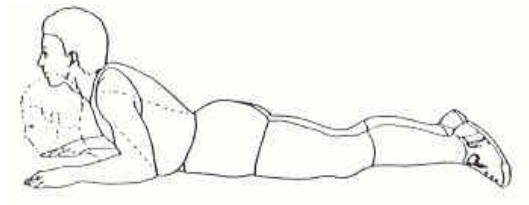
10 to 15 Repetitions 3 to 4 Times/day



Low Back Extension (Passive)

Start from prone neutral position lying face down, resting chin on hands. This is an excellent position to work into for disc, nerve root, and acute sprain strain injuries. Hold this position to tolerance. Make sure to tighten your abdominal muscles prior to initiating movement into another position. **Do NOT push yourself into a painful range of extension.** If this increases your pain or symptoms, do not continue with this stretch. As you become tolerant to this position, you can approach active extension positioning.

2 to 4 Times/day

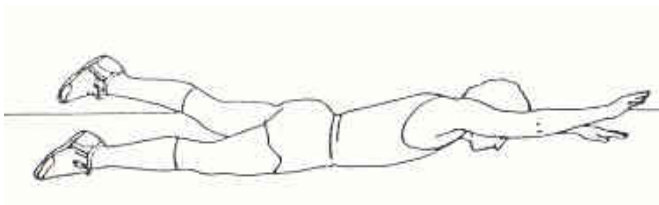


Low Back Extension (Active)

Start from prone neutral position (lying face down, resting chin on hands). Slowly move to the "resting on elbows" position and ease yourself into a comfortable degree of extension, while keeping your hips firmly on the surface of the floor or mat. Hold stretch for 15 to 30 seconds. **Do NOT push yourself into a painful range of extension.** If this increases your pain or symptoms, do not continue with this stretch.

6 to 10 Repetitions 2 to 4 Times/day

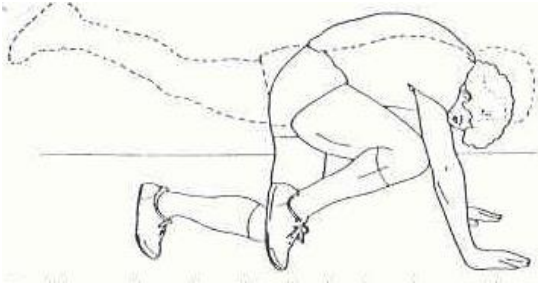
Prone Crossed Extension Exercise (Superman)



Begin by laying face down. Tighten your trunk region down by contracting the lower and mid abdominal muscles. First, begin to alternate arms one at a time, into full extension in a slow and deliberate fashion. Repeat this 7-10 times per arm. Secondly, repeat this with the legs, slowly moving them into full extension, one at a time, 7-10 times per leg. Lastly, extend opposite arm and leg at the same time. Remember to keep your trunk muscles contracted, focusing the work from the low back and gluteal region. Do this 7-10 times with each set of opposite arm and leg.

7 to 10 Repetitions 2 Times/day

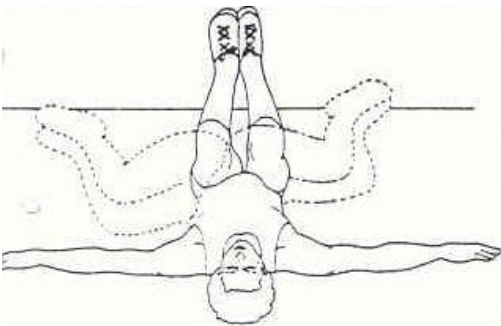
Prone Hip and Leg Extension **From hands and knees position**



Start from hands and knees position. Slowly and completely, extend one leg back as if to "kick" behind you. Make sure to be very slow and deliberate, taking the leg out to complete extension position, focusing the work to the gluteal and low back region. Repeat this 7-10 times per leg.

7 to 10 Repetitions 2 Times/day

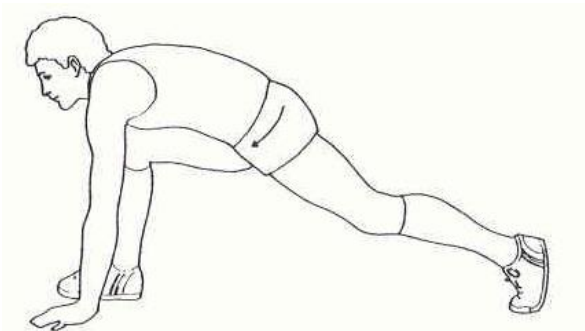
Hip Rolls



Start from **neutral position**. Make sure to keep shoulders square on the ground, with feet flat on the ground. Slowly begin to bring knees down to one side, and then back across to the opposite side. Be very slow and deliberate here, and always **work in a pain free range of motion**. Keep your abdomen tight here throughout the movement to each side. Perform 10 to 15 hip rolls to each side, moving completely from one side to the other within a **pain free range**. When you are pain free, you can attempt this exercise with your feet in the air.

10 to 15 Repetitions/side 2 Times/day

Hip Flexor Stretch



Keep feet shoulder width apart. Step forward with one foot and lean forward over forward knee. With hands supporting on forward knee or on the floor, slowly drop backside hip and waist "down and in". This should produce a stretching quality to the front of the backside upper leg and hip region. **Maintain a gentle but firm, sustained stretch. No bouncing.** Hold stretch for 15 to 30 seconds. Repeat to opposite leg.

2 to 4 Repetitions/side 2 Times/day