



POSTERIOR PELVIC TILT

Lie on your back on a firm surface with knees comfortably bent (top picture). Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture).

Repeat 20 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Times a Day



GLUTEAL SET - SUPINE

While lying on your back, squeeze your buttocks and hold. Repeat.

Repeat 20 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Times a Day



HIP ADDUCTION SQUEEZE - SUPINE - ISOMETRIC ADDUCTORS

Place ball, rolled up towel or pillow between your knees and press your knees together so that you squeeze the object firmly. Hold and then release and repeat.

Repeat 20 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Times a Day

Video # VV53S4VKZ



ROCKING PIRIFORMIS STRETCH

Lie on your back with both knees bent. Next, place your ankle of one leg on top of the thigh of your other leg. Next, slowly allow your leg to move to the side until a gentle stretch is felt on the top most leg. The stretch can be felt along the back of the legs, buttocks and or back.

Video # VV6DL8N6G

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



GERIATRIC - SEATED HAMSTRING STRETCH

Sit near the front edge of a chair. Rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.

Video # VVL3EMF5V

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day



SCIATIC NERVE GLIDE

SETUP:

- Start by lying supine on your back and holding the backside of your knee
- Try to straighten your knee as much as possible

ACTION:

- Hold this position and then 'gas-pedal' your foot and point your toes
- Switch positions by pushing the heel to the ceiling and pull your toes down towards your body
- Hold each position for the specified duration

***PERFORM 10 ANKLE PUMPS then relax leg down.

Repeat 10 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Times a Day



SITTING LUMBAR DECOMPRESSION - SI - HESCH METHOD 16

Sit on a 2 inch by 8 inch towel roll under both upper thighs, placed horizontally, just in front of the "sit bones" as shown by your clinician.

This can be very helpful if performed intermittently throughout the day.

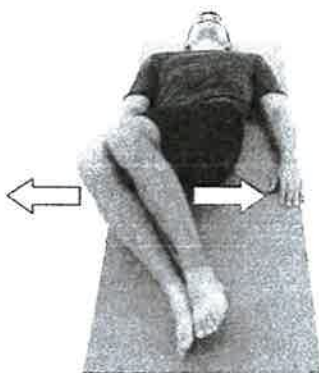


Lat Stretch

Standing behind a sturdy chair or counter
Place your hands on the back of the support and walk back a few steps until you make an L-Shape with your body
Drop your back and arms down as flat as your shoulders will allow
Keep the legs straight
Hold this position for 10-20 seconds
SLOWLY walk back to the chair and stand tall (DO NOT let go until you know you are NOT dizzy)
REST and REPEAT

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day

You may do this stretch multiple times during the 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.

Repeat 20 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Times a Day

Video # VWHFZ3NCW

SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat.

Repeat 20 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Times a Day



Video # VV3W4RJUU