

SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest. Video # VV3W4RJUU

Repeat 5 Times

Complete 1 Set

Hold 20 Seconds

Perform 1 Times a Day

**HAMSTRING STRETCH - SUPINE**

While lying on your back, raise up your leg and hold the back of your knee. Pull the leg upwards until a stretch is felt. Hold, relax and repeat. Video # VVXN8X37F

Repeat 5 Times

Complete 1 Set

Hold 20 Seconds

Perform 1 Times a Day

**LOWER TRUNK ROTATIONS - LTR - WIG WAGS**

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 5 Times

Complete 1 Set

Hold 10 Seconds

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 5 Times

Hold 10 Seconds

Complete 1 Set

Perform 1 Times a Day



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat. Video # VVTJZ7GYR

Repeat 5 Times

Hold 5 Seconds

Complete 1 Set

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 5 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day

PRESS UPS

Lying face down, slowly press up and arch your back using your arms. Video # VV6MQGFXM

Repeat 5 Times

Complete 1 Set

Hold 5 Seconds

Perform 1 Times a Day

