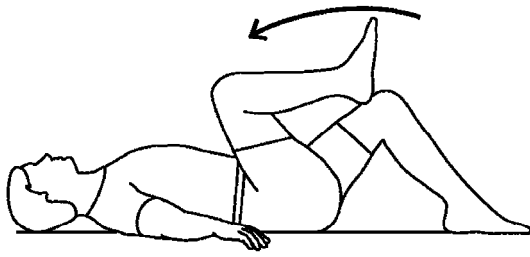


AROM lumbar flx uni knee to chest w/bent knee



- Lie on back with knees bent.
- Grab under knee.
- Gently bring right knee up to chest.
- Return to start position.
- Repeat with left knee.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

AROM lumbar rotn supine

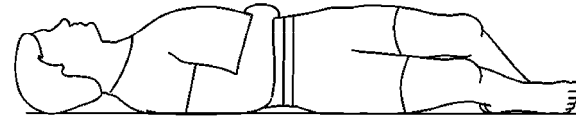
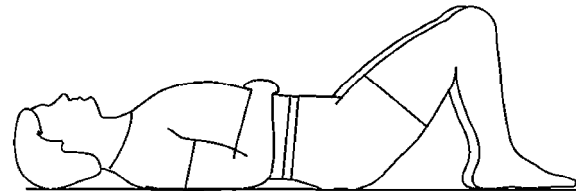
- Lie on back with knees bent, feet flat on floor as shown.
- Keeping knees together, move knees to the left as far as is comfortable.
- Next, move knees to the right as far as comfortable.
- Return to start position.

Special Instructions:

Keep your shoulders flat against the floor. Look in the opposite direction of where the legs are moving.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

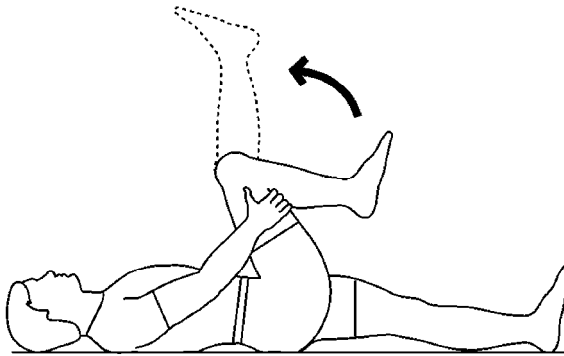


Stretch hamstrings supine active

- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Repeat with other leg.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

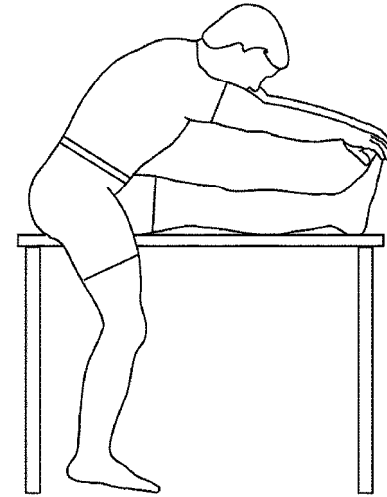


Stretch hamstring uni long sitting

- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



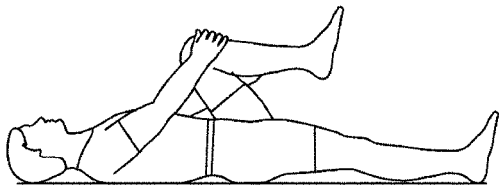
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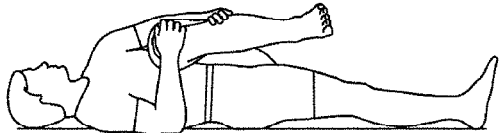
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Stretch Piriformis supine w/hip flx



- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Grasp lower calf with your other hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.

Perform 1 set of 10 Repetitions,  
once a day.



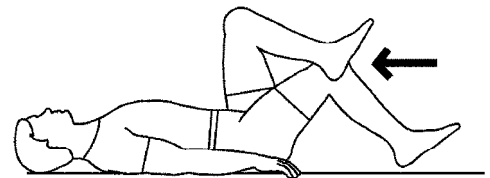
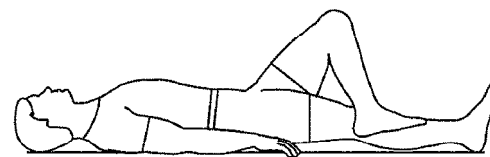
Hold exercise for 10 Seconds.

Stretch hip/knee figure 4

- Lie on back, knees bent.
- Move left ankle over right knee.
- Gently lift right knee up to chest until stretch is felt.
- Repeat with other leg.

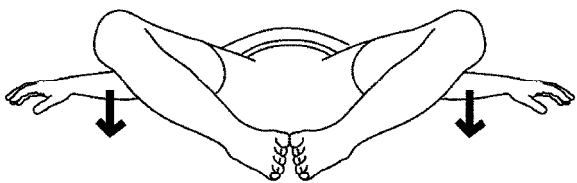
Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



Stretch groin supine static

- Lie on back with knees bent, soles of feet together.
- Slowly let your knees drop to floor.



Perform 1 set of 5 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

AROM lumbar ext prone (full press ups)

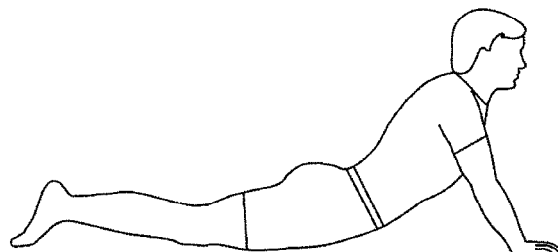
- Lie face down, elbows bent, hands beside face.
- Push up on hands, straighten elbows, keeping hips on floor.
- Return to start position and repeat.

Special Instructions:

Stop this exercise if you start having back pain.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



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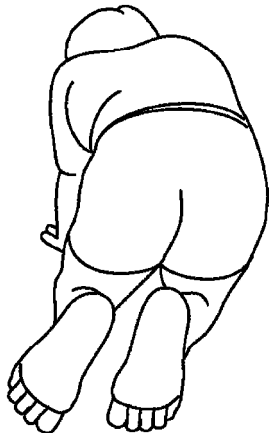
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AROM hip abd kneeling

- Begin kneeling on hands and knees.
- Slowly sit back, moving slightly to the right.
- As you sit back, let the right side bend.
- Return to start position and lower to the left.
- Repeat.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



AROM hip IR bil prone

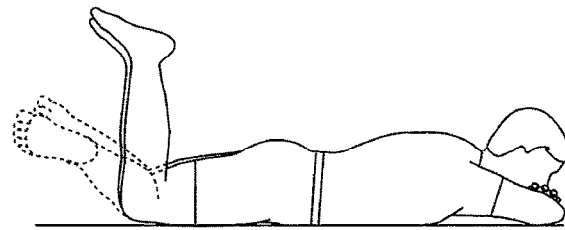
- Lie face down.
- Keep thighs in line with trunk.
- Bend both knees to 90 degrees.
- Move legs outward.

Special Instructions:

Keep pelvic area stationary.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

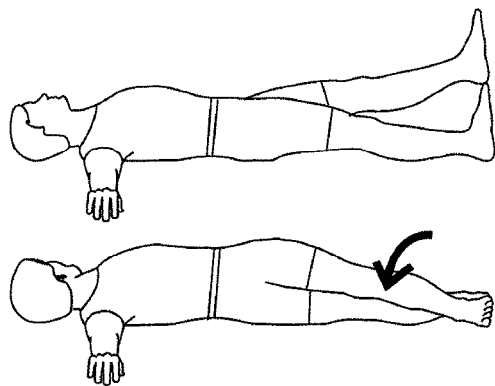


Stretch trunk rotn supine

- Lie on back, arms out to side, with heel of left leg on toes of right leg.
- Tighten the thigh muscles of each leg and roll legs to right.
- Continue by lifting left hip up and turning head to left.
- Return to start position and repeat to other direction.

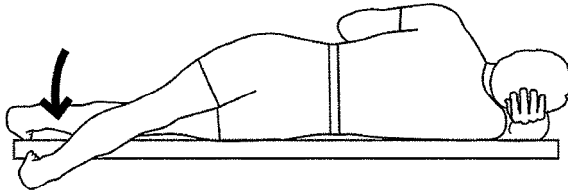
Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



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Stretch IT band sidelying



- Lie on uninvolved side.
- Extend involved leg backwards and slowly lower until a gentle stretch is felt in outer side of thigh.
- Keep leg straight and rotated outward.

Perform 1 set of 10 Repetitions,  
once a day.

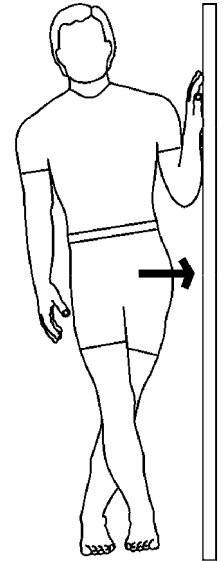
Hold exercise for 10 Seconds.

Stretch IT/TFL stand at wall

- Stand next to wall, about a foot away, involved leg toward wall.
- Cross over the uninvolved leg in front, and lean hip into wall, as shown.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



Stretch IT/TFL stand bent knee on chair

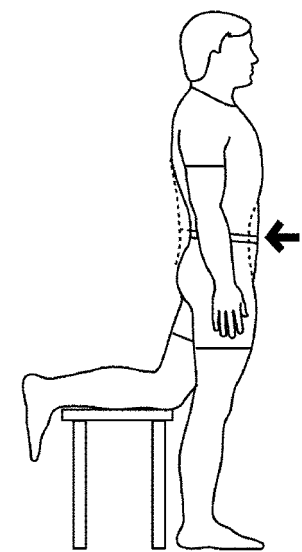
- Stand next to chair or stool with knee of involved leg bent, resting on chair as shown.
- Flatten low back, tilting pelvis backward.
- To increase the stretch, step forward slightly and then tilt pelvis backward.

Special Instructions:

Hold 2-3 minutes

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



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Stretch Quads half kneeling

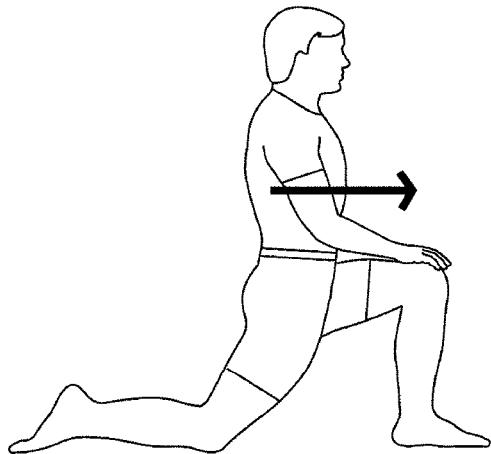
- Half kneel as shown on right leg.
- Lean forward slowly keeping hips and back straight.
- Repeat with other leg.

Special Instructions:

Progress by placing a small box under foot of trailing leg.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



Stretch Quads standing

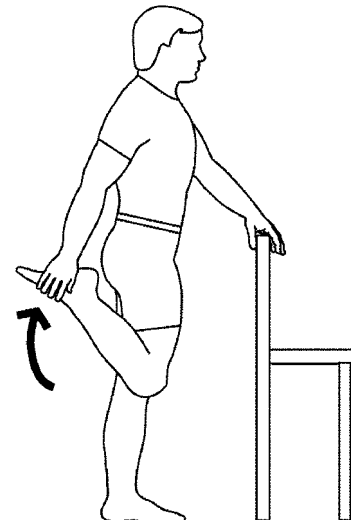
- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

Special Instructions:

Keep thigh straight in line with body, do not bend at hip.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.



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