



1. DOUBLE KNEE TO CHEST:
Lie on back. Bring both knees to chest. Hold & stretch for count of 5. Straighten knees out. Repeat.



2. PELVIC TILT:
Relax on back with knees slightly bent up. Tighten the muscles of lower abdomen and buttocks at the same time so your back flattens against the mat. Repeat.



3. ROTATION:
Lie on back with knees bent up and feet flat. Slowly rotate knees first one side then the other. Repeat.



4. THORACIC STRETCH:
Crouch on knees with arms straight out in front of you. Push chest to floor & reach forward at the same time. Hold stretch. Relax. Repeat.



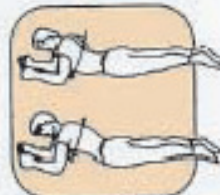
5. SIDE STRETCH
Position your self as shown. Reach as far as possible to one side while keeping chest as low as possible. Stretch. Perform in other direction. Repeat.



6. CAT STRETCH:
Get up on hands and knees. Let your back sink down and sag. Now arch up and stretch. Repeat.



7. CONTRALATERAL EXTENSION:
Maintain the hands & knees position. Extend opposite arm & leg. Hold for count of 5. Switch to extending the other arm and leg. Repeat.



8. PRONE ON ELBOWS:
Lie face down up on elbows as shown. Push chest up away from floor as high as possible keeping elbows flat on floor. Now let your chest sink back down towards the floor. Repeat.



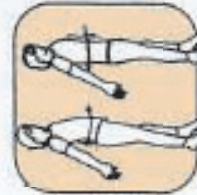
9. PRONE EXTENSION:
Maintain the position on elbows. Turn palms down so they are flat on the floor. Extend elbows keeping pelvis on floor as shown. Stay below level of discomfort. If necessary, slide hands forward to decrease the extension in your back.



10. FULL EXTENSION:
Lie face down. Lift shoulders & legs off the floor & extend arms & head back. Hold. Relax. Repeat.



11. LATERAL GLIDES:
Stand with the pain free side 6-10 inches from the wall. Lean against the wall with your elbow bent. Now, glide hips towards the wall. Hold for 5. Relax. Repeat.



12. LUMBAR ARCH:
Lie on your back. Arch your lower back up as far as possible. Hold. Relax. Repeat.



13. SINGLE LEG LIFT
Lean forward onto table with legs off edge. Hold on securely with hands. Lift one leg as high as possible. Hold. Relax. Change legs. Repeat.



14. DOUBLE LEG LIFT:
Maintain position on table. Lift both legs as high as possible. Lower slowly. Repeat.



15. WALL SLIDES:
Stand with feet shoulder width apart 12 to 18 inches from wall. Lean against wall so shoulders & buttocks are touching wall. Keep a slight outward arch in lower back. Slowly slide down wall, bending knees. Slide back up. Repeat.