

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 3 Times
Complete 1 Set

Hold 20 Seconds
Perform 2 Times a Day



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch. Video # VVQGB3WMY

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day

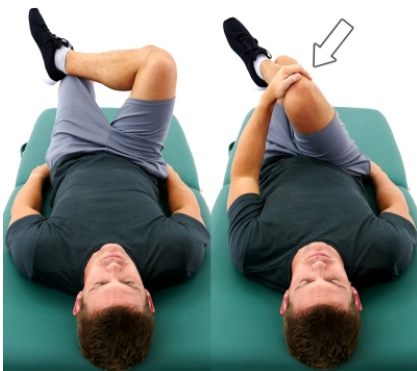


PIRIFORMIS STRETCH MODIFIED 3

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock. Video # VV837GM42

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds
Perform 2 Times a Day





Piriformis Stretch (Figure Four)

While lying down, bend up one knee keeping the foot on the mat or floor. Bend opposite leg and cross ankle over the bent knee. Gently push inside of crossed leg at knee. You should feel the stretch in the back of the buttock of crossed leg.

Repeat 3 Times
Complete 1 Set

Hold 15 Seconds
Perform 2 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 20 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



SCIATIC NERVE GLIDE - SUPINE

Start by lying on your back and holding the back of your knee. Next, attempt to straighten your knee. Lastly, hold this position and then bend your ankle forward and back as shown. Video # VV4K6GSK3

Repeat 10 Times
Complete 2 Sets

Hold 3 Seconds
Perform 2 Times a Day

DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest. Video # VVSHPUFNG



Repeat 5 Times

Complete 1 Set

Hold 10 Seconds

Perform 2 Times a Day