

Seated Table Hamstring Stretch

SETS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

Movement

Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

Seated Table Piriformis Stretch

SETS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright on the edge of a table or bed with one leg bent so that the outside of your ankle is resting on the table and your other foot on the floor.

Movement

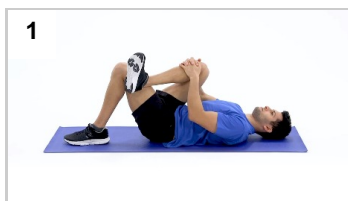
Gently lean forward, hinging at your hips, until you feel a stretch across your hip and buttocks.

Tip

Make sure not to let your back lean to the side as you stretch.

Supine Piriformis Stretch with Foot on Ground

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

Movement

Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.

Tip

Do not allow your back to twist or bend excessively during the stretch.

Supine Figure 4 Piriformis Stretch

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your back with both legs bent and your feet on the ground.

Movement

Lift one leg and place that ankle on your opposite knee, then apply a gentle pressure to your bent knee with your hand. You should feel a stretch in your buttocks.

Tip

Make sure to keep your low back flat on the floor during the stretch.

Supine Transversus Abdominis Bracing - Hands on Stomach

REPS: 10	HOLD: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

Movement

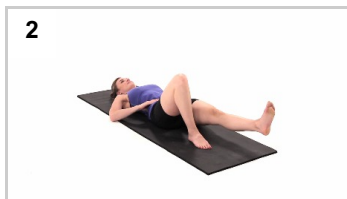
Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then relax and repeat.

Tip

Make sure to keep your back flat against the floor and do not hold your breath as you tighten your muscles.

Supine Transversus Abdominis Bracing with Leg Extension

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

Movement

Tighten your abdominals, pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then straighten one knee, holding your leg a few inches off the ground. Bring it back to the starting position and repeat with your other leg.

Tip

Make sure to keep your abdominals tight as you extend your legs. Do not hold your breath during the exercise.

Supine Bridge

REPS: 10	HOLD: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

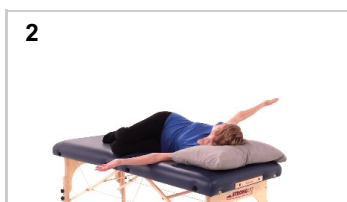
Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Sidelying Mid Thoracic Rotation

REPS: 10	HOLD: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your side with your knees and hips bent at 90 degree angles, arms straight in front of you, and your palms together.

Movement

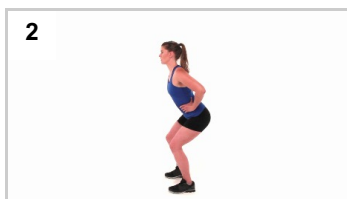
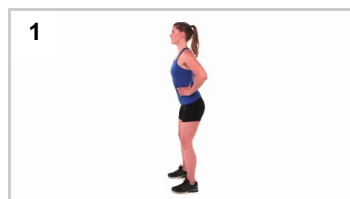
Lift your top arm up toward the ceiling and behind you, rotating your trunk. Then slowly return to the starting position and repeat.

Tip

Make sure to keep your hips and knees stationary as you move your arm.

Mini Squat

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

Movement

Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.