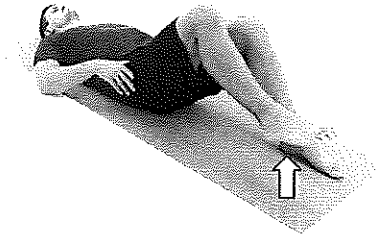


**BRACE SUPINE MARCHING**

While lying on your back with your knees bent, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving.

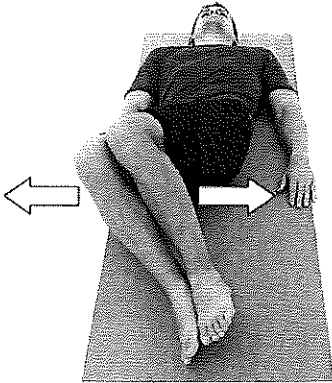


Repeat 20 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day

**LOWER TRUNK ROTATIONS - LTR**

Lying on your back with your knees bent, gently move your knees side-to-side.

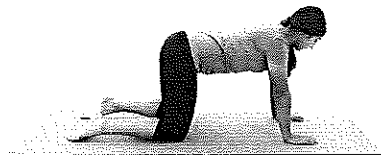


Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day

**QUADRUPED ALTERNATE ARM AND LEG**

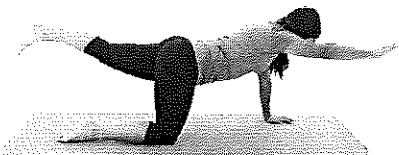
While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards.

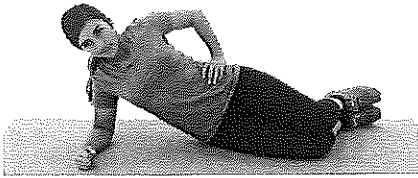


Maintain a level and stable pelvis and spine the entire time.

Repeat 10 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 1 Times a Day



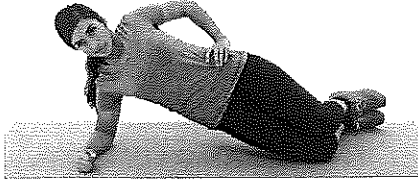


### LATERAL PLANK MODIFIED

While lying on your side with your knees bent, lift your body up on your elbow and knees. Try and maintain a straight spine.

Repeat 10 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 1 Times a Day

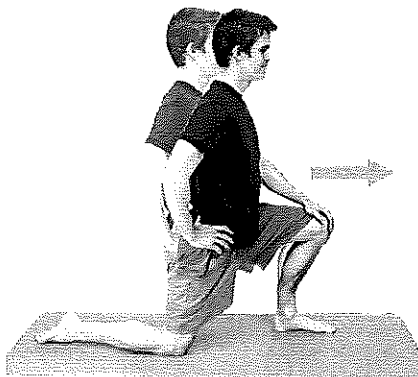


### HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day

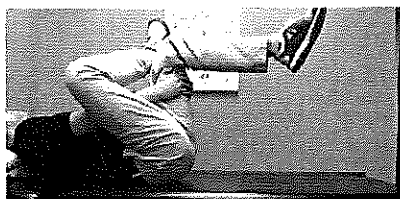


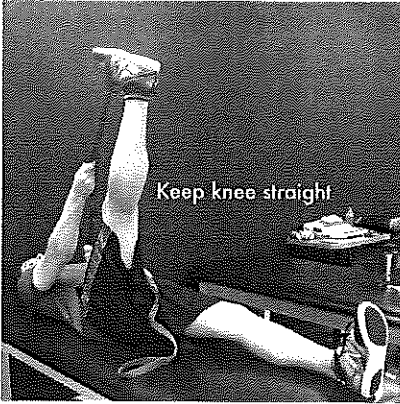
### Supine piriformis stretch

Lie down on your back and cross your right foot over your left knee. Pull the left leg toward your body until you feel a stretch in the right hip. Repeat on the other side.

Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day





### Supine Hamstring Stretch (with straight legs)

Lie on your back and hook a strap/towel/leash around your foot. Keeping the opposite leg straight and flat on table, lift the affected leg towards the ceiling while maintaining a straight knee.

You should feel a stretch along the back of the thigh and knee.

Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



### QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day