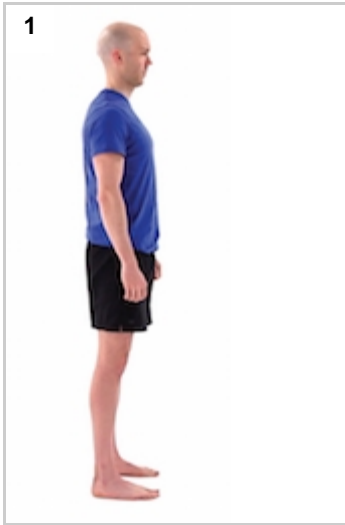


Standing Lumbar Extension

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

Begin in a standing upright position with your hands resting on your hips.

Movement

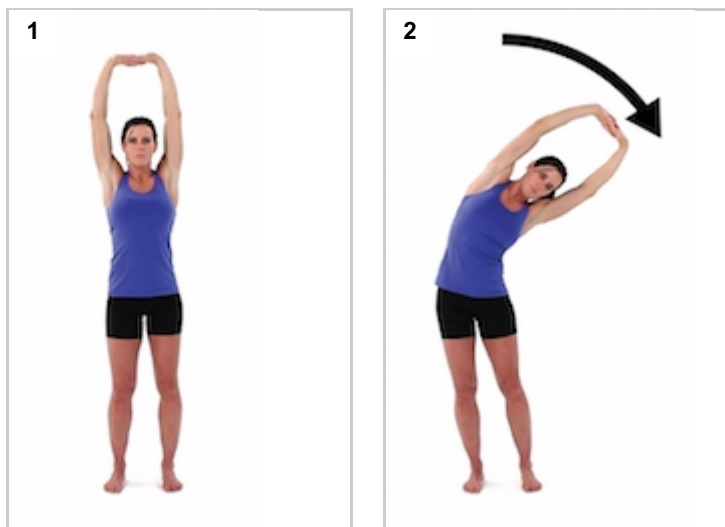
Slowly arch your trunk backwards and hold.

Tip

Make sure to maintain your balance during the exercise and do not bend your knees.

TL Sidebending Stretch - Arms Overhead

REPS: 3	SETS: 1	HOLD: 10 SECONDS	DAILY: 1
WEEKLY: 7			



Setup

Begin in a standing upright position with your arms clasped straight overhead.

Movement

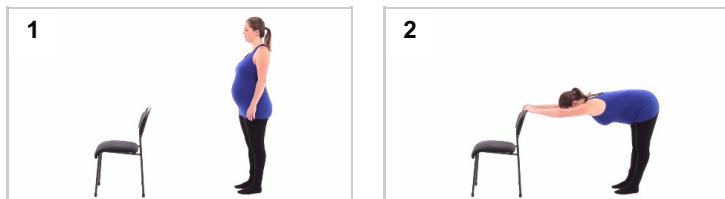
Slowly lean toward one side until you feel a stretch and hold.

Tip

Make sure to keep your hips level and maintain your balance during the stretch. Do not let your trunk bend forward or backward.

Standing Thoracic Spine Stretch

REPS: 3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 7			



Setup

Begin in a standing upright position in front of a chair.

Movement

Hinge at your hips and reach your arms forward to hold onto the back of the chair, lowering your trunk toward the ground until you feel a stretch and hold.

Tip

Make sure to keep your balance and do not arch your low back during the exercise.

Cat-Camel

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

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

Supine Lower Trunk Rotation

REPS: 3	SETS: 1	HOLD: 3 BREATHS	DAILY: 1
WEEKLY: 7			



Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

Tip

Make sure that your back and shoulders stay in contact with the floor.

Half Kneeling Hip Flexor Stretch

REPS: 3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 7			



Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

Seated Figure 4 Piriformis Stretch

REPS: 3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 7			



Setup

Begin sitting upright in a chair with both feet on the ground. Bring the ankle of one leg up onto the knee of your opposite leg.

Movement

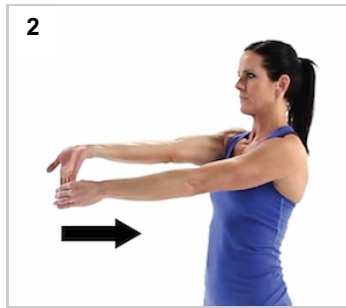
Apply a gentle pressure with one hand on the top of your bent knee, and lean forward until you feel a stretch in your buttocks. Relax, then repeat.

Tip

Make sure to keep your shoulders relaxed and back straight during the exercise.

Standing Wrist Extension Stretch

REPS: 3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 7			



Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.