

PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.



Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.



Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

SINGLE KNEE TO CHEST STRETCH - SKTC

While lying on your back, use your hands and gently draw up a knee towards your chest.

Keep your other knee straight and lying on the ground.



Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) 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 under your leg, calf area.

Keep your knee in a straightened position during the stretch.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

SEATED HAMSTRING STRETCH



While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

HAMSTRING STRETCH - SUPINE



While lying on the ground, hold the back of your knee/thigh area and straighten your knee until a stretch is felt along the back of your leg.

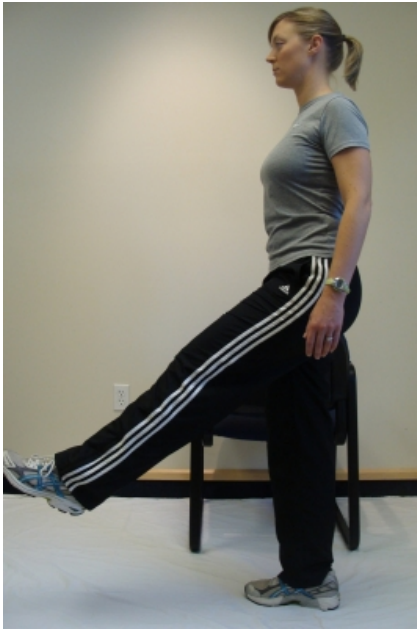
Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

STRAIGHT LEG RAISES (SLR) - SUPINE



Start by laying on your back, supporting leg bent and exercising leg straight. Tighten your core (belly) muscles to keep your spine stable, then slowly lift the straight leg. Lift as high as the other thigh, then SLOWLY bring your leg down. Repeat as many times as instructed, switch and perform with the other leg if instructed to do so.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



Hip Flexion

Standing tall, raise one leg forward then return.



HIP ABDUCTION - STANDING

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Use your arms for support if needed for balance and safety.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



HIP FLEXION - STANDING -SLR

While standing, raise your leg forward as shown.

Use your arms for support if needed for balance and safety.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



Scapular retraction W's

Place arms into a "field goal" position keeping elbows at a 90 degree angle and hands level with ears. Press hands and elbows into wall. While squeezing shoulder blades together. Keep as much of your back on the wall as you can.



Scapular retraction Y's

Arms up toward the ceiling with your palms facing each other. Pull shoulder blades down and back. Keep as much of your back on the wall as you can.



Scap retraction T's

Arms out to the sides, palms facing away from the wall, thumbs up toward the ceiling. Squeeze shoulder blades together. While bringing hands into the wall. Keep as much of your back on the wall as you can.



Eccentric Shoulder Flexion/Extension (E2)

Secure the elastic band in the top of a closed doorway.

Begin by grabbing the elastic band overhead, with your thumb pointed toward the ceiling. Keeping your elbow straight throughout the entire movement, pull down until your arm is at your side and pause momentarily. Next, allow your arm to raise back up SLOWLY to the starting position.



Ankle Pumps

Pump your feet up and down.

Repeat 20 Times
Complete 1 Set
Perform 2 Time(s) a Day



Plantarflexion

Point your toes down as if you were stepping on a gas pedal.

Repeat 20 Times
Complete 1 Set
Perform 1 Time(s) a Day



Dorsiflexion

Pull your toes up towards you.

Repeat 20 Times
Complete 1 Set
Perform 1 Time(s) a Day



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



CERVICAL FLEXION

Tilt your head downwards, then return back to looking straight ahead.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



CERVICAL EXTENSION

Tilt your head upwards, then return back to looking straight ahead.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



CERVICAL SIDE BEND

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time)

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

CERVICAL ROTATION

Turn your head towards the side, then return back to looking straight ahead.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



ROTATIONAL STRETCH WITH OVER PRESSURE

Turn your head to one side as far as you can and then use your same-side-hand to assist in turning the head further for a gentle stretch.

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



Cervical Side Bend

Grasp chair and pull away while you side bend neck to opposite side. Hold for 2 count and apply slight overpressure with hand.

Repeat 5 Times
Hold 2 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

