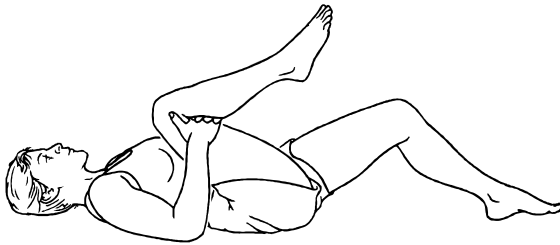


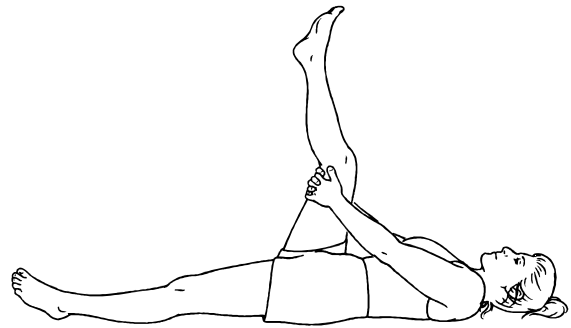
BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

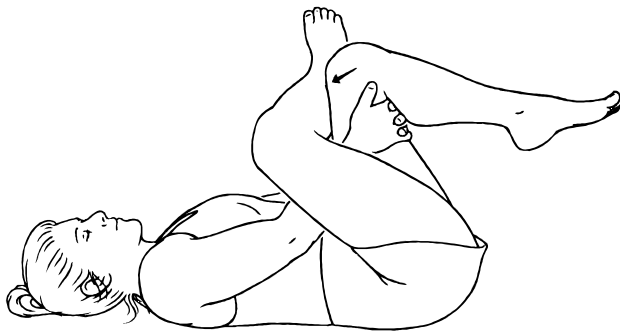
HIP / KNEE - 38 Stretching: Hamstring (Supine)



Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 30 seconds. Alternate to the other side.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

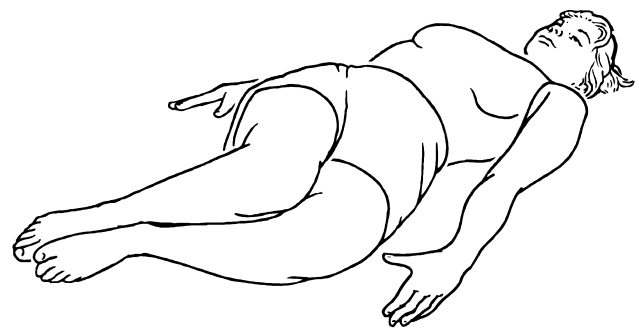
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 30 seconds. Alternate to the other side.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

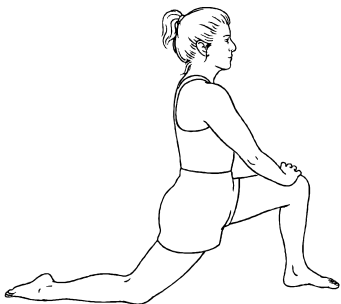
BACK - 16 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to right side. Hold 30 seconds. Alternate to the other side. Stay within a painfree range of motion.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 30 seconds. Alternate to the other side.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

BACK - 20 Mid-Back Stretch



Push chest toward floor, reaching forward as far as possible. Hold 30 seconds.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.