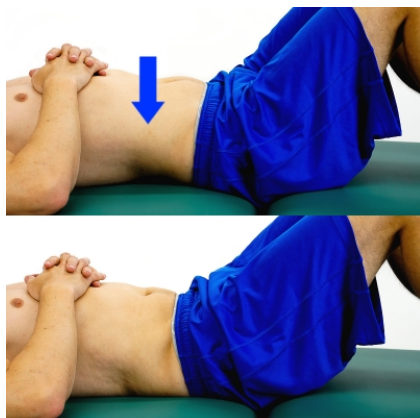


Total 6



## PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, gently flatten spine toward floor/ table using abdominal muscles and slight glut contraction. Your pelvis should tilt during the movement. Move through a comfortable range of motion.

Do not push onto your feet.

Repeat 15 Times  
Hold 5 Seconds  
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. Keep opposite leg bent to reduce stress on your back. If you have no pain you can straighten the opposite leg to allow a stretch in the front of the other leg.

Repeat 5 Times  
Hold 5 Seconds  
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 5 Times  
Hold 15 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day



### BRACE- KNEE FALL OUT

While lying on your back with both knees bent, stabilize your spine by bracing your abdominal muscles. Hold this contraction as you slowly lower one knee to the side. Your pelvis should not move.

You can place your thumbs on your pelvic bone to get feedback of any movements that occur. If your pelvis moves too much, then next time lower the leg less to maintain good control.

Repeat 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day



### BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.



Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



### BRACE SUPINE MARCHING

Brace abdominals but do not hold your breath.

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 10 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day