

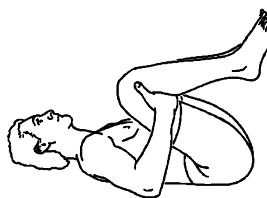
BACK - 18 Knee-to-Chest Stretch: Unilateral



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

BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds.

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

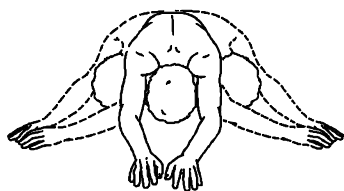
BACK - 20 Mid-Back Stretch



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

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

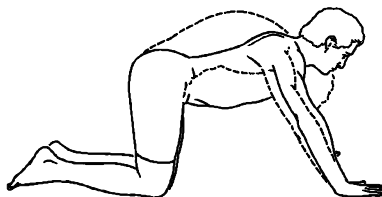
BACK - 21 Mid-Back Rotation Stretch



Reach to each side as far as possible, keeping chest low to floor. Hold 30 seconds.

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

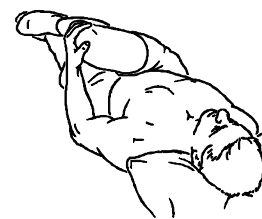
BACK - 14 Angry Cat Stretch



Tuck chin and tighten stomach, arching back.

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

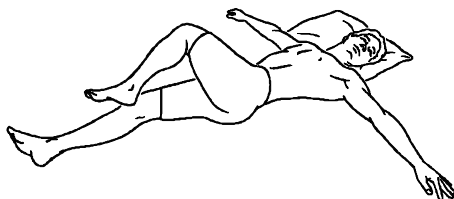
HIP / KNEE - 66 Stretching: Piriformis (Supine)



Pull **right** knee toward opposite shoulder. Hold 30 seconds. Relax.

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

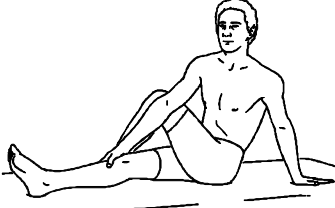
BACK - 54 Lumbar Rotation Stretch



Lie on back with **right** knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold 30 seconds.

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

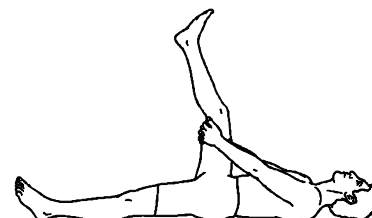
HIP / KNEE - Stretching: Lumbar Spine



Cross one leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold 30 seconds.

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

HIP / KNEE - 38 Stretching: Hamstring (Supine)



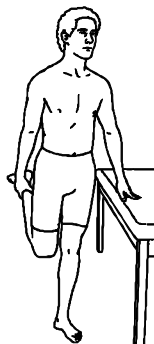
Supporting **right** thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 30 seconds.

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

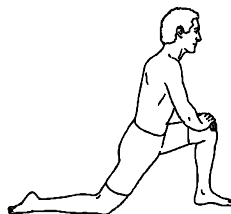
HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull **right** heel toward buttock until stretch is felt in front of thigh. Hold 30 seconds.

Repeat 1 times per set. Do 2 sets per session. Do 1 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.

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

ANKLE / FOOT - 14 Gastroc Stretch

Stand with **right** foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.

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

