

### ABDOMINAL BRACING

While lying on your back, tighten your stomach muscles as you draw your navel down towards the floor.

The abdominal contraction should feel as if you're zipping up a tight pair of pants. Maintain your breathe throughout.



Repeat 20 Times

Hold 5 Seconds

Complete 1 Set

### SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat. Video # VV3W4RJUU



Repeat 5 Times

Hold 10 Seconds

Complete 1 Set

### DEAD BUG

While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position. Do not allow your spine to move.

Hold pelvic neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.

Retrun to starting position and then repeat on the opposite side. Video # VVD3S264Y



Repeat 10 Times

Hold 2 Seconds

Complete 2 Sets

### PIRIFORMIS STRETCH

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

Keeping your head on the ground - Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock. Video # VVDKWUAS7



Repeat 2 Times  
Complete 1 Set

Hold 20 Seconds

### CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks. Video # VVAKQPLG3



Repeat 5 Times  
Complete 1 Set

Hold 20 Seconds

### CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side. Video # VV8QWGRE2



Repeat 5 Times  
Complete 1 Set

Hold 20 Seconds



### CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction. Video # VVWPCEBAB

Repeat 3 Times

Hold 2 Seconds

Complete 10 Sets

### DOWNWARD DOG - YOGA - ADHO MUKHA SVANASANA

Start in a crawl position (on hands and knees) so that your hands are under your shoulder and your knees are under your hips.

Next, walk your hands forward and then lift hips up towards the ceiling as you straighten your knees and elbows as shown. Tighten your quads and if able you can lower your heels to the floor. Hold this position.



Slow deep diaphragm breathing the entire time. Video # VV9ZJVPA3

Duration 10 Seconds

Complete 3 Sets

### QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Lower leg and arm down and then repeat with opposite side.

Maintain a level and stable pelvis and spine the entire time. Video # VVE7C35B7



Repeat 10 Times

Hold 2 Seconds

Complete 2 Sets



### SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand.

Feel free to place a bolster or pillow between the knees for better lumbar positioning. Video # VVBAH3Q36

Repeat 15 Times

Hold 2 Seconds

Complete 2 Sets



### Half Kneel Lunge Stretch with Rotation

Hold each position 5-20" depending on goals

1. Step forward in a big lunge with the R foot
2. Keep L knee straight and bring L hand to the floor while trying to bring R elbow to floor as well
3. Reach towards the ceiling with the R hand
4. Push back to stretch R hamstring
5. Place L knee down in half kneeling
6. Tuck pelvis under and perform pelvic tilt with L arm up in air stretching L hip flexors
7. Rotate to the L

Repeat on the opposite side Video # VV3L68MXK

Repeat 5 Times

Hold 5 Seconds

Complete 1 Set



### Quadraped Plank

Begin with hands directly under shoulders, knees directly under hips, and toes pointed up towards the shins. Engage the glutes and core to set the spine, while also tucking the chin straight back towards the ceiling. Maintaining this position, lift the knees 1" off the ground and hold.

Repeat 6 Times

Hold 10 Seconds

Complete 1 Set



### Thoracic Spine Rotation Stretch

Start on all fours with spine in neutral. Place foam roll to the outside of the hand of the desired side to stretch. Reach perpendicular to body and avoid shifting body. Repeat with opposite side.

Repeat 15 Times  
Complete 2 Sets

Hold 10 Seconds



### FOAM ROLL - TRUNK EXTENSION

Start by lying on your back with a foam roll under your back. Next place your hands behind your neck or across your chest.

Then slowly extend your spine over the roll.

Repeat 5 Times  
Complete 2 Sets

Hold 5 Seconds



### FOAM ROLL - SPINE ROLL

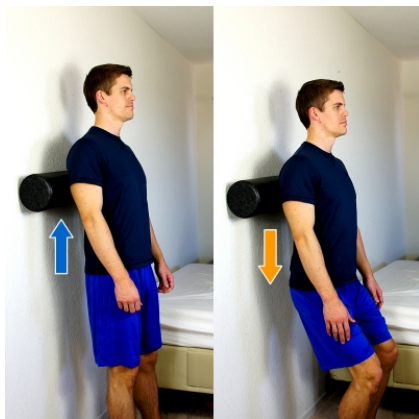
Start by lying on your back with a foam roll under your back.

Place your hands on your stomach and then slowly roll forward and back across your back using your legs as shown.

Repeat 2 Times  
Complete 1 Set

Hold 1 Minute





### FOAM ROLL SPINE MASSAGE - STANDING

If laying on the foam roll is too uncomfortable - Stand with a foam roll behind your back. Slowly perform mini-squats and allow the foam roller to roll up and down your back for a self massage.

Duration 60 Seconds

Complete 2 Sets

### FOAM ROLL MARCHING



Lie on a foam roll so that your head and buttock makes contact. Flatten your low back and press it against the roll.

Next, alternate raising up one leg at a time as in marching in place.

Maintain your balance and your back flat the entire time.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

### FOAM ROLL - ILIOTIBIAL BAND - ITB

Start on your side with a foam roll under your bottom thigh.

Next, using your arms and unaffected leg, roll up and down the foam roll along your lateral thigh. Video # VVE86DCMA

Repeat 2 Times

Hold 1 Minute

Complete 1 Set





### FOAM ROLL - GLUTE - PIRIFORMIS

Start by sitting on a foam roll and cross your affected leg on top of your other knee as shown. Lean slightly towards your affected side.

Next, using your arms and unaffected leg, roll forward and back across your buttock area.

Repeat 1 Time  
Complete 2 Sets

Hold 1 Minute



### FOAM ROLL - HAMSTRING SINGLE LEG

Start by sitting on a foam roll under your target thigh.

Next, using your arms, roll forward and back across this area.  
Video # VVL6MMT4U

Repeat 1 Time  
Complete 2 Sets

Hold 1 Minute