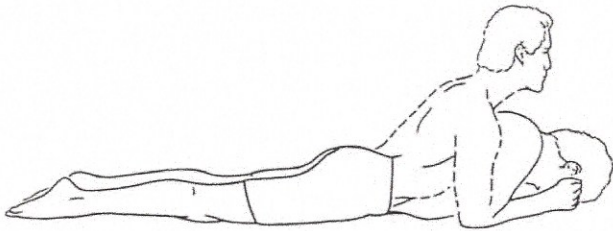


BACK - 1 On Elbows (Prone)



Rise up on elbows as high as possible, keeping hips on floor. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

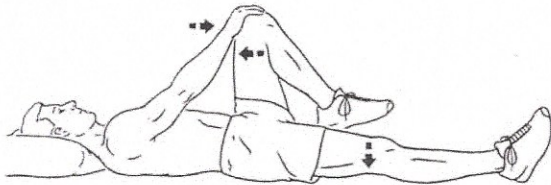
BACK - 54 Lumbar Rotation Stretch



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 10 seconds.

Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

BACK - 93 Pelvic Rotation: Contract / Relax (Supine)

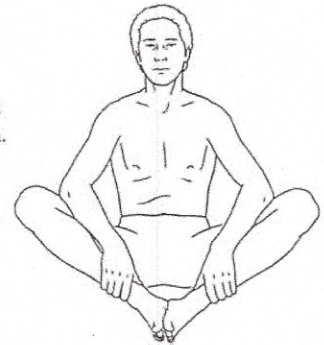


Hands against right knee, resist bent leg moving toward head. Press straight leg down. Hold 6 seconds. Relax.

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

HIP / KNEE - 32 Stretching: Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold 10 seconds.



Repeat 10 times per set. Do 1 sets per session. Do _____ sessions per day.

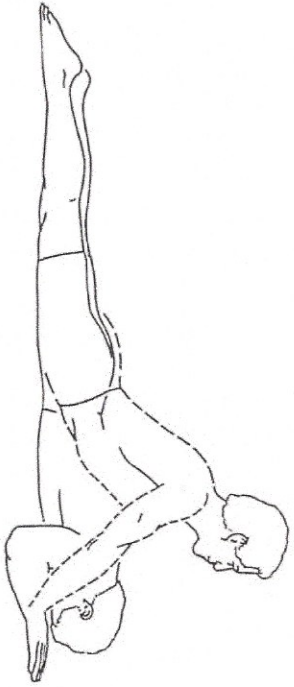
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

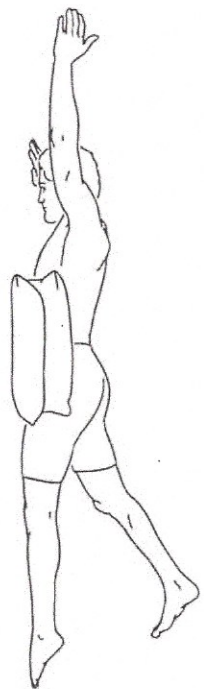
BACK - 2 Press-Up



Press upper body upward, keeping hips in contact with floor.
Keep lower back and buttocks relaxed.

Repeat 10 times per set. Do 3 sets per session.
Do 1 sessions per day.

BACK - 5 Arm / Leg Lift: Opposite (Prone)

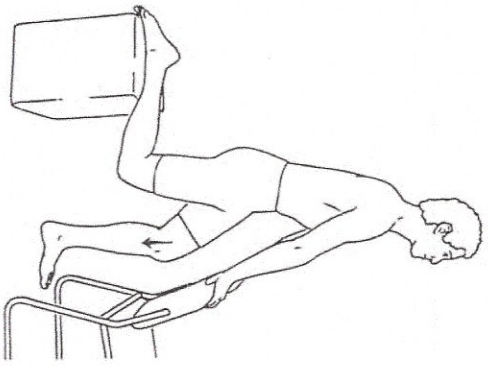


Lift right leg and opposite arm, keeping knee locked.

Repeat 10 times per set. Do 3 sets per session.
Do 1 sessions per day.

HIP / KNEE - 61 Stretching: Hip Flexor (Modified)

With right leg supported,
chair in front for balance,
slowly bend other leg until
stretch is felt in thigh of
supported leg.
Hold 20 seconds.



Repeat 5 times per set.
Do 1 sets per session.
Do 1 sessions per day.