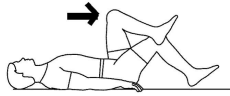


Stretch hip/knee figure 4

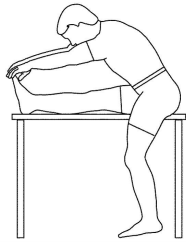


- Lie on back, knees bent.
- Cross legs with left ankle on right knee.
- Gently push away until a stretch is felt.
- A pillow or bolster can be used for added leverage.
- Repeat with other leg.

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.

Stretch hamstring uni long sitting



- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.

Perform 1 set of 3 Minute, once a day.

Hold exercise for 3 Minutes.

Stretch Gastroc/Soleus bil standing



- Stand with balls of feet on a step, using banister to steady yourself.
- Keeping knees slightly bent, gently lower heels.
- Perform stretch again with knees straight

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.

Stretch Piriformis supine w/hip ER

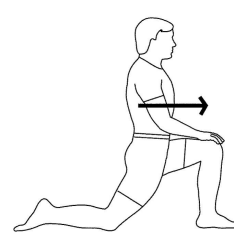


- Lie on back with knees bent.
- Cross one leg over the other.
- Grasp knee and ankle as shown.
- Pull knee across chest to opposite shoulder as shown.
- Repeat with other leg.

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.

Stretch Quads half kneeling



- Half kneel as shown on right leg.
- Lean forward slowly keeping hips and back straight.
- Repeat with other leg.

Special Instructions:

Progress by placing a small box under foot of trailing leg.

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.

Stretch Quads stand/squat



- Stand on right leg with left knee bent and foot on chair.
- Tighten abdominals to flatten back.
- Bend right leg to stretch the left quadriceps.
- Straighten right leg and repeat.
- Repeat stretch for the right leg.

Special Instructions:

Do not allow pelvic area to move forward.

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.

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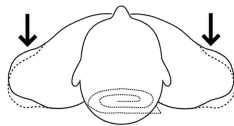
Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.

First Choice Physical Therapy

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Stretch Pectoral supine static arms at side



- Lie on back with foam roll/noodle placed vertically along spine
- With arms at side, gently allow shoulders to move toward floor.

Perform 1 set of 10 Minutes, once a day.

Hold exercise for 10 Minutes.

Stretch lumbar ext prone on elbows

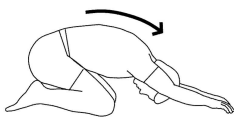


- Lie face down.
- Push up onto elbows.
- Hold position and repeat for 5 min

Perform 1 set of 1 Repetitions, once a day.

Hold exercise for 10 Seconds.

AROM lumbar flx kneeling



- Begin kneeling on floor.
- Sit back on heels.
- Bend forward with trunk, bending head and chin to chest.
- Reach forward with hands, placing them on floor and hold.
- Return to start position and repeat.

Special Instructions:

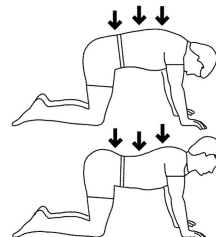
Alternate each set with 1 set of cat and camel combo

Perform 3 sets of 1 Minute, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar flx/ext quadruped (Cat-Camel combo)



- Begin in 4 point kneeling, back in neutral position.
- Tuck chin in and continue by rounding back upward one segment at a time.
- Reverse by letting back arch one segment at a time, but keep neck in neutral at the end.

Special Instructions:

Alternate with 1 min prayer stretch

Perform 3 sets of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

Stretch hip/knee figure 4

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.



Stretch Piriformis supine w/hip ER

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.



Stretch hamstring uni long sitting

Perform 1 set of 3 Minute, once a day.

Hold exercise for 3 Minutes.



Stretch Quads half kneeling

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.



Stretch Gastroc/Soleus bil standing

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.



Stretch Quads stand/squat

Perform 1 set of 3 Minutes, once a day.

Hold exercise for 3 Minutes.



Stretch Pectoral supine static arms at side

Perform 1 set of 10 Minutes, once a day.

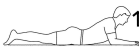
Hold exercise for 10 Minutes.



Stretch lumbar ext prone on elbows

Perform 1 set of 1 Repetitions, once a day.

Hold exercise for 10 Seconds.



AROM lumbar flx kneeling

Perform 3 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

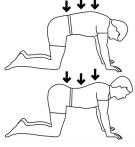


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AROM lumbar flx/ext quadruped (Cat-Camel combo)



Perform 3 sets of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

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