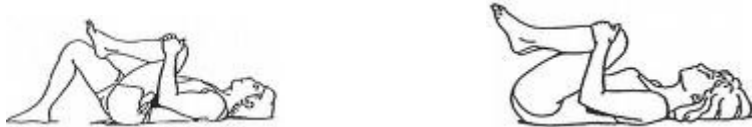


KNEE TO CHEST (Single Knee and Double Knee)

Start this exercise by lying on the floor with a pillow supporting your neck. Now bend both knees (keep your feet on the floor). Begin the exercise by drawing one of your knees to the chest, using both hands (only one foot is now on air). Hold to the count of 10, and then slowly release it to the position before. Do this 4- 5 times before doing the same thing with the other leg. You'll feel that the whole back gets stretched. That is good thing, since we have been making the back shorter all day by sitting incorrectly. After you have done that, time to get both knees to the chest. Do this 4-5 times as well.



CAT-CAMEL

Position yourself on all fours with hands directly beneath your shoulders and knees directly beneath your hips. Arch your back like a cat, then transition to camel position. The Cat-Camel is intended as a motion exercise, not a stretch, so the emphasis is on motion rather than "pushing" at the end ranges of flexion and extension. Repeat 12-15 times.



BACK EXTENSION

Lie with your stomach on the stability ball; face down with your arms behind your head resting on your neck. Relax your shoulders and keep your abdominals tight. Contract the gluteus and use your lower back muscles to slowly lift your shoulders and chest off the ball. Try to hold for about 4-5 seconds, and then go back to your original position. Repeat 8 to 12 times per set. Do three sets. Don't continue if the back pain increases.



SUPERMAN (Bird Dog)

Begin in an all-fours position with body over the stability ball, abdominal muscles engaged to stabilize the pelvis and the neck in alignment with the spine. Lift opposite arm and leg up at the time then return down switch to the other side. Hold for 5 to 10 seconds.



Pelvic Tilt

Lie flat on your back with your knees bent and your hips flexed to 90 degrees. Tighten your lower abdominal muscles as if you were trying to raise your pelvis off the ground, keeping your hips level. Return to the starting position, and repeat 8 times per set. Hold for 15 to 20 seconds. Complete 3 sets.



Hamstring Stretch

Sit on firm surface or prop one leg at a time on a surface that is approximately mid shin high. Keeping knee locked, reach for your foot or as far as you can until you feel a stretch in your thigh. Hold for 15 to 20 seconds. Do this 6 to 8 times per set. Complete 3 sets.



Quad Stretch

Standing with a support or lying on your side. Bend your leg at the knee and gently pull your ankle to your buttocks. Hold for 15 to 20 seconds. Do 6 to 8 times per set. Complete 3 sets.



Piriformis Stretch

Lying on your back with both knees bent, gently place the ankle of the side to be stretched upon your opposite knee as shown below. Then place the hand of the same side to be stretched upon your knee as shown and then gently push your knee away from you. To get more of stretch add this. The aim here is to place your hand behind your other knee and then gently pull your knee closer towards your chest. As you do this, still maintain a slight pressure upon your opposite knee (the one on the side being stretched). Hold for 15 to 20 seconds. Do 3 to 5 times per set. Do 3 sets per day.



Hip Flexor Stretch

Start in a lunging position. Gently extend back until you feel a pull in your lower back and hip flexor. Hold for 15 to 20 seconds. Do 6 to 8 reps per set. Complete 3 sets.



***Discontinue if exercise causes pain**