

:: strengthening exercises

1 Crossover Stretch

Lying on back, bend left hip to 90 degrees. Use right hand to gently bring left knee over towards the right side. Allow hips and back to rotate, and left buttock to leave surface, but keep shoulders flat on floor. Hold stretch for 20-30 seconds and repeat 2-3 times on each side. Don't push into any pain, especially back pain.



2 Knee to Chest

Lying on your back, clasp your hands around one bent knee (or under the knee) and pull your knee into your chest, until you feel a gentle Lowerer Back and hip stretch. Hold stretch for 10-20 seconds and repeat 3-5 times on each leg.



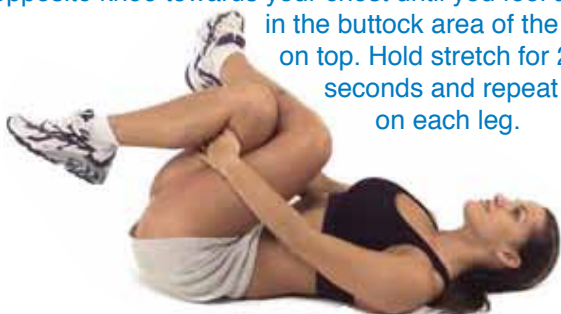
3 Both Knees to Chest

Lying on your back, clasp hands under both legs and pull one knee up at a time, until you can pull both knees into your chest. You should feel a gentle Lowerer Back stretch, and can pull your head up towards the knees if you want an increased intensity. Hold stretch for 10-20 seconds and repeat 3-5 times. Lower one knee at a time to the floor to protect your back.



4 Piriformis(Buttocks) Stretch

While lying on your back with knees bent and feet on the floor, cross one leg completely over the other. Gently pull opposite knee towards your chest until you feel a stretch in the buttock area of the knee on top. Hold stretch for 20-30 seconds and repeat 3 times on each leg.



5 Figure 4 Glut Stretch (Pretzel Stretch)

Lying on back with knees bent and feet on floor, cross one foot over the opposite knee, keeping your top leg turned out. Gently pull your Lowerer leg toward your chest, until you feel a comfortable stretch in the top thigh. Hold stretch by using hands to hold the support leg for 20-30 seconds, repeating 2-3 times on each leg.



6 Press up or Cobra Stretch

Start by lying relaxed on your stomach, with your hands directly under both shoulders. Use your arms to gradually press up into a "cobra" position, letting your Lowerer Back relax and your buttocks sag. Stop and hold the stretch before the point of pain, or when your stomach and pelvis begin to leave the surface. Hold 5-10 second sat the top, making sure to relax the back and buttock muscles. Repeat 5-10 times.



7 Cat Stretch

Start on all fours, with your hands under your shoulders and your knees under your hips, and your back flat. Gradually push up into an "angry cat" posture, with your stomach muscles tight and your back rounded as much as possible within your comfort zone. The head and neck should relax and drop while back is stretching up. Hold 5-10 seconds and repeat 3-6 times slowly and gently.



8 Prayer Stretch

From the neutral or cat position on all fours, rock your hips back over your ankles and sit all the way back, while your arms remain in front and your hands stretch down. Relax into the resting position as shown in the photo. Breathe slowly in this position, and hold for 30-60 seconds. Rock back onto all fours and repeat 2-3 times, as comfortably as you can.

