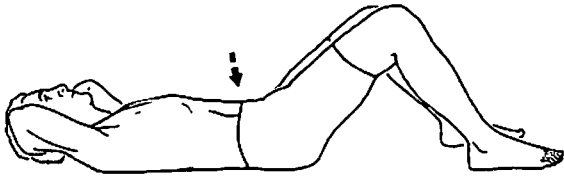


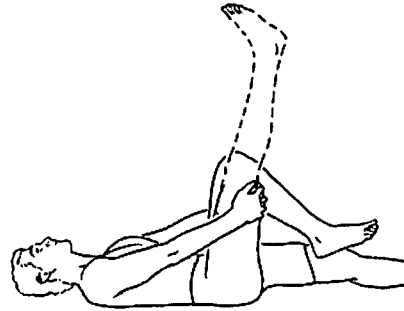
BACK - 22 Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks.

Repeat 5 times per set. Do 20-30 sets per session.
Do 2 sessions per day.

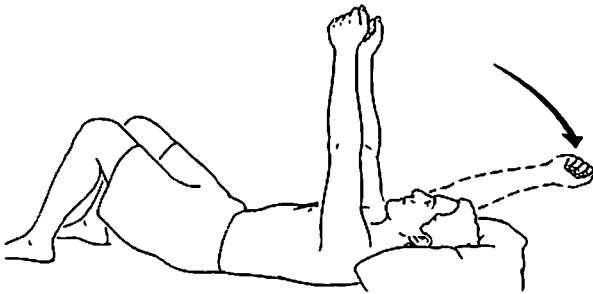
BACK - 34 Hamstring Stretch: Active



Support behind right knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

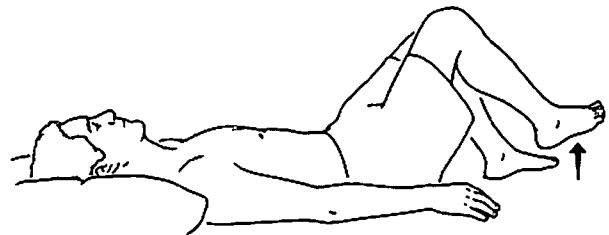
TRUNK STABILITY - 5 Extremity Flexion (Hook-Lying)



Tighten stomach and slowly lower right arm over head until back begins to arch. Keep trunk rigid.

Repeat 10 times per set. Do 2-3 sets per session.
Do 2 sessions per day.

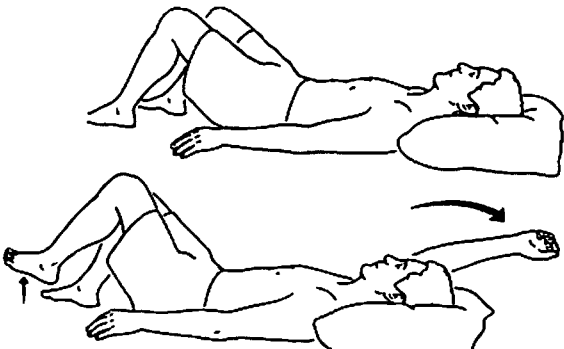
TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise right leg inches from floor. Keep trunk rigid. Hold 5 seconds.

Repeat 10 times per set. Do 2-3 sets per session.
Do 2 sessions per day.

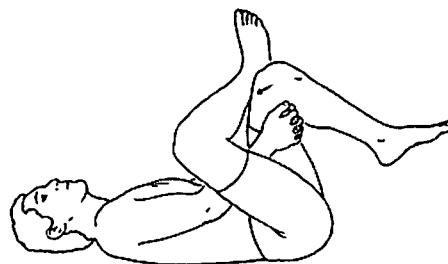
TRUNK STABILITY - 7 Combination (Hook-Lying)



Tighten stomach and slowly raise right leg and lower opposite arm over head. Keep trunk rigid.

Repeat 10 times per set. Do 2-3 sets per session.
Do 2 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 2 sessions per day.