



**Spinal Flexion - Ball**

Lying on stomach over gym ball.  
Drape body over ball and relax.  
Slowly roll back and forth to stretch out spine.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Active Knee to Chest**

Lying on back, hug both knees to chest.  
Gently push knees up to ceiling (against resistance).  
Then hug knees tight to chest again, hold and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Single Knee to Chest**

Lying on back with knees bent and feet flat on the floor  
(can perform stretch sitting or standing as well).  
Hug one knee up toward chest, hugging under the knee  
joint, to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hamstrings - Chair**

Stand facing square to a chair, feet shoulder width apart.  
Place heel of one foot up on chair, keeping knee straight  
and toes pulled back.  
Slightly bend knee of supporting leg and direct buttocks  
backwards to feel a stretch in the back of the thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hamstrings - Seated**

Sitting with both feet straight out in front, toes point to the  
ceiling.  
Bend straight forward from the hips, keeping back aligned  
and chest up, to feel a stretch in the back of the legs.  
Support body with hands on the floor.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Lumbar Extension 1/2**

Lying on stomach, use elbows/forearms to raise upper  
body up off floor keeping pelvis in contact with floor.  
Keep buttocks relaxed and allow low back to 'sag'.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Lumbar Extension - Ball**

Lying on back over gym ball with head supported on ball. Hang hands overhead and/or out to the sides and let spine relax and conform to the ball. Slowly roll back and forth to get the full length of your spine relaxed.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Lumbar Rotation - Supine**

Lying on floor with arms out at shoulder level. Bend one knee and cross that leg over opposite leg. Let knee drop across and over toward floor while turning the head to the opposite side. Feel a stretch in the hip and low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**TFL / QL Trunk Rotation - Supine**

Lying on back with knees bent, feet flat on floor, arms out to sides. Roll knees and lower body from side to side, holding at each side, to feel a stretch in the low back and hip.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Seated Rot. / Knee Across Chest**

Sitting tall, feet flat on floor. Cross one foot over the opposite leg, resting foot on edge of chair. Hug bent knee towards chest while turning upper body. Maintain tall posture as you turn to feel a stretch in the side of the hip and low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hip Flexors / Low Lunge**

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor. Lunge position should be long enough so that the front knee should not bend past 90°. Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**QL Side Bend Reach**

Standing or sitting in readiness position. Slowly bend to one side, without rotating, bringing one arm overhead. Keep hand that is above head slightly forward and always in view. Support upper body with opposite hand on hip. Feel a stretch in the side of the low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31