

Home Exercise Program

1. Lower Extremity: Supine Active Hamstring Stretch (Knee Extension, Hip Flexion)

- Start lying on your back with one leg outstretched, flat in front.
- Grab the back of your leg, just below your knee and pull your leg in toward your chest.
- Gently straighten your leg, trying to keep your knee near your chest until you feel a gentle stretch.
- Hold the position, relax.
- Return to starting position and repeat.



Sets: 1 Reps: 10 Hold: 2-3 count

2. Lower Extremity: Standing Forward Bend Hamstring Stretch

- Stand tall with feet hip width apart.
- Keeping your legs straight and back flat, bend forward at the hips and reach with your hands toward the floor until you feel a stretch across the back of your thigh.
- It is okay if your hands do not reach the floor. It is important to keep your legs straight and back flat.
- Hold this position.
- Return to initial position by activating your buttocks and low back, moving at the hips.



Sets: 1-2 Reps: 5 Hold: 10 count

3. Trunk: Standing Lateral Flexion Stretch

- Stand straight with your feet hip width apart and look directly ahead of you.
- Lift one arm up above your head and slowly bend sideways while reaching down with the opposite hand, until you feel a stretch at the side of your trunk.
- Maintain the stretch without twisting or leaning forward.
- Slowly return to the initial position.



Sets: 1-2 Reps: 5 Hold: 10 count

4. Lumbar: Prayer Stretch Lumbar Flexion Stretch

- Start Position: On all fours
- Gently sit back onto your heels allowing your chest to come toward your thighs.
- Reach your arms overhead while your head sinks down toward the floor.
- Relax and hold this position. Maintain a normal breathing pattern.



Sets: 1 Reps: 3 Hold: 20-30sec