

## 1: Double Knee To Chest

- Lie on back
- Place hands behind knees
- Slowly pull both knees up toward your chest until stretch is felt

**Sets:** 1 **Reps:** 3 **Sessions:** 1 Everyday **Resistance:** As Tolerated **Hold Time:** 30s



## 3: Extension - Prone On Elbows

- · Lie on stomach
- Slowly push upper body off surface, propping body up on both elbows

**Sets:** 1 **Reps:** 3 **Sessions:** 1 Everyday **Resistance:** As Tolerated **Hold Time:** 30s



## 2: Lower Trunk Rotation in Hooklying

- Lie on back with knees bent
- Tighten stomach and keep middle of back and shoulders flat against surface
- Slowly lower legs down toward surface, keeping both knees together
- Return to starting position

**Sets:** 1 **Reps:** 3 **Sessions:** 1 Everyday **Resistance:** As Tolerated **Hold Time:** 30s

As Tolerated **Hold Time:** 30s