



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**



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**



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**