

1



## SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 3 Times  
Hold 20 Seconds  
Perform 3 Time(s) a Day

5



## PIRIFORMIS STRETCH

While lying on your back with both knees bent, cross your affected leg over the other knee. Use your hands to pull your unaffected leg up towards your chest. Stretch should be felt deep in the affected glute.

Repeat 3 Times  
Hold 20 Seconds  
Perform 3 Time(s) a Day

2



## DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

Repeat 3 Times  
Hold 20 Seconds  
Perform 3 Time(s) a Day

3

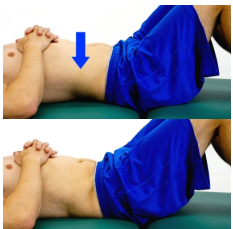


## PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Repeat 3 Times  
Hold 20 Seconds  
Perform 3 Time(s) a Day

4



## PELVIC TILT

While lying on your back, use your stomach muscles to press your spine downwards towards the ground. Do not move into a painful position.

Repeat 10 Times  
Hold 3 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day