Home Exercise Program

Created by Lisa Kazmar Dec 30th, 2014

View at "www.my-exercise-code.com" using code: 4BFENN7

Total 16

LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

Supine Angels with Lumbar Rotations

Lying on your back with your knees bent and your arms flat against the table, slowly slide your arms along the table. Reach as high as you can keeping your arms on the table and hold the stretch. Simultaneously, slowly let your knees fall to the table and hold the stretch. Return both your arms and your knees to the starting position and repeat (legs falling to the opposite side this time). Do this exercise for 3 minutes.

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

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	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

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	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

ROTATIONAL QUADRATUS STRECH

While lying on your back, cross one leg on top of your knee as shown. Next, slowly lower your knees down towards the ground on the side which has the leg on top.

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

HAMSTRING STRETCH - SUPINE

While lying on your back, raise up your leg and hold the back of your knee until a stretch is felt.

Repeat	1 Time
Hold	1 Second
Complete	1 Set
Perform	1 Time(s) a Day

CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling.

Next return to a lowered position and arch your back the opposite direction.

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

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	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side.

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

PRESS UPS

Lying face down, slowly raise up and arch your back using your arms.

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

SEATED LOW BACK STRETCH

While sitting in a chair, slowly bend forward and reach your hands for the floor. Bend your trunk and head forward and down.

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

Mid-thoracic stretch

Clasp hands together and reach forward and down until you feel a stretch in the upper back. Bend the head down to complete the stretch.

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

SEATED HAMSTRING STRETCH

Tuck foot near groin with opposite leg straight. Keep toes up. Reach toward foot until stretch is felt in back of thigh.
Hold ___ seconds; relax; repeat.

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind you knee/thigh.

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

QUADRICEPS STRETCH

Pull heel toward buttock until stretch is felt in front of thigh. Hold ___ seconds; relax;

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day

Dynamic Quad Stretch

1. Stand on right leg with left knee bent and foot on appropriate height table.

2. Tighten abdominals to engage core muscles.

3. Bend right leg to stretch the left quadriceps.

4. Extend arms in front of body and rotate away from propped leg.

Stretch should be felt on the front of the leg that is propped on table.

Repeat	3 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Time(s) a Day