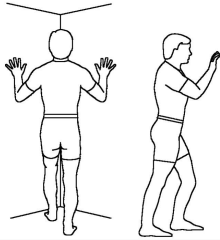


Comment:

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Stretch Pectoral standing at corner (Corner Pec stretch)



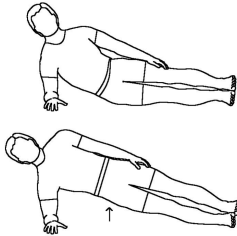
- Stand in in corner.
- Place arms at chest level on wall.
- Gently step forward, keeping back straight.
- Return to start position.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

AROM lumbar sidebend bridge (Sidelying bridge)



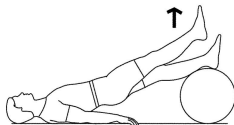
- Lie on floor on your side, forearm supporting upper body.
- Knees should be straight, ankles together. Place free hand on hip.
- Raise hips and thighs off floor until trunk and back are straight.
- Lower and repeat. Repeat exercise on other side.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM hip ext alt straight leg w/ball (Straight leg up bridge on ball)



- Lie on back with ankles on ball.
- Lift buttocks up as shown.
- Lift one leg off of ball and lower leg back to ball.
- Lift other leg off of ball and lower leg back to ball.
- Lower buttocks and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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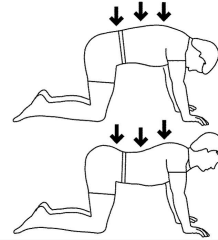
Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.

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AROM lumbar flx/ext quadruped (Cat-Camel combo) (Cat camel combo)



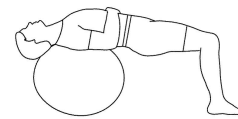
- Begin in 4 point kneeling, back in neutral position.
- Tuck chin in and continue by rounding back upward one segment at a time.
- Reverse by letting back arch one segment at a time, but keep neck in neutral at the end.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar static bridge w/ball (Ball static bridge)



- Position shoulders on ball.
- Lift buttocks up until parallel to floor.
- Maintain a static bridging position, with feet at shoulder distance.
- Hold, relax, and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Mob ilial post rotn supine (Mob ilial post rotn supine)



- Lie on back.
- Bring knee up to 90 degrees and place hand on knee as shown.
- Push on knee but do not allow knee to move.
- Hold and repeat.

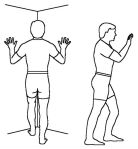
Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

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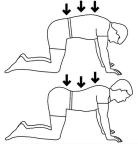
Stretch Pectoral standing at corner (Corner Pec stretch)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

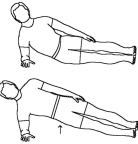
AROM lumbar flx/ext quadruped (Cat-Camel combo) (Cat camel combo)



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

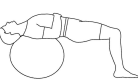
AROM lumbar sidebend bridge (Sidelying bridge)



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

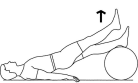
AROM lumbar static bridge w/ball (Ball static bridge)



Perform 3 sets of 20 Repetitions, once a day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM hip ext alt straight leg w/ball (Straight leg up bridge on ball)



Perform 3 sets of 20 Repetitions, once a day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Mob ilial post rotn supine (Mob ilial post rotn supine)



Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

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Signature: _____

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