



Prone Lumbar Extension

Lying on stomach, perform a "sloppy push up" by pushing upper body up off the floor and keeping pelvis on the floor.
Try to straighten the elbows, letting spine sag and buttocks relax.
Take a deep breath in, relax and lower upper body to floor and repeat.

Sets:	1
Reps:	12
Weight:	
Hold:	10 sec
Rest:	30-60
hourly	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Extend as far as comfortable each time, relax the spine.



Hip Flexors / High Lunge

Standing feet shoulder width apart and toes pointed forward. Step one foot forward into a lunge position staying up on the toe of the back foot.
Keeping upper body upright and pelvis square, attempt to straighten the back knee to feel a stretch in the front of the thigh and hip.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Single Knee to Chest

Lying on back with knees bent and feet flat on the floor (can perform stretch sitting or standing as well). Hug one knee up toward chest, hugging under the knee joint, to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Abdominal Hollow / Leg Drag

Lying on back with knees bent and feet flat on floor. Slowly straighten one leg out along floor while maintaining an abdominal hollow.
Slide leg up to starting position and alternate.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Keep abs sucked in and the low back in neutral position.



Leg Raise - Prone

Lie face down with a towel or pillow under pelvis.
Maintaining an abdominal hollow, slowly raise one leg up off the floor and hold.
Lower leg back to floor and alternate.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

Pre set the gluts by squeezing them together before raising leg.

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Cat / Camel

On hands and knees.
Let stomach muscles relax and spine sag down.
Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat'.
Lower back down and repeat.
Move within your pain free range of motion.

Sets:	2
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

Notes:

Find your painfree range of motion.

Ice before and after exercises.

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31