



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.

Notes:

Sets:	2
Reps:	10
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:

Spinal Flexion - Ball

Lying on stomach over gym ball.
Drape body over ball and relax.
Slowly roll back and forth to stretch out spine.

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:

Seated Flexion

Sitting at edge of chair.
Suck stomach in and slowly bend upper body forward, bending vertebra by vertebra from the head down.
Bend forward at the waist (not at the hips) to feel a stretch in the low back.

Sets:	
Reps:	6x
Weight:	
Hold:	10 sec
Rest:	
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:

Hamstrings Supine - Belt

Lying on back, bring one knee to chest and place a belt or scarf around foot. Straighten leg up toward ceiling using the scarf to increase the stretch and keep foot pulled back. Hold, breath, feeling a release in the back of the leg. Return to start position and repeat with opposite leg.

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:

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:



Bridge

Lie on back with knees bent and feet flat on the floor. Place arms 45° at sides with palms up. From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position. Shoulder blades should remain on floor. Hold at end position, then lower and repeat.

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:



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:



Quadruped Arm Raise / Leg Drag

On hands and knees on the floor. Slowly raise one arm up over head and straighten opposite leg out behind while keeping toe on floor. Keep spine level, chin tucked and maintain an abdominal hollow throughout the movement.

Sets:	2
Reps:	12
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