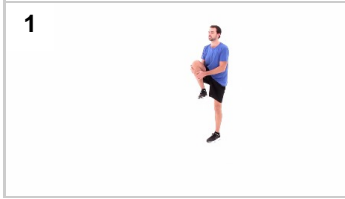


## Single Knee to Chest

REPS: 5

HOLD: 5



### Setup

Begin standing in an open area.

### Movement

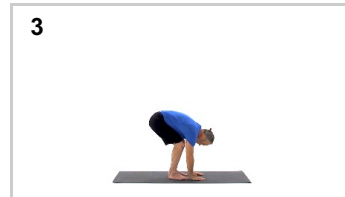
Lift one knee up to your chest and hug it with your arms. Hold briefly, then repeat on the other side.

### Tip

Make sure to maintain your balance during the exercise.

## Mountain Pose to Forward Fold with Feet Apart, Bent Legs, and Swan Dive

REPS: 5



### Setup

Begin in mountain pose with your feet hip distance apart and arms by your sides

### Movement

As you in Inhale, reach your arms overhead to upward facing hand pose. Exhale, reach your arms out to the sides and fold forward, bending your knees generously. Bring your hands to the floor. Relax your head. Return to mountain pose. As you exhale, reach your arms out to the sides and fold forward, bending your knees generously. Bring your hands to the floor. Relax your head.

### Tip

Taking your arms out to the side often feels better than bringing the arms forward and down as it decreases the load on the spine. Bending the knees allows most people to fold more easily at the hips, rather than at the lower back.

---

## Standing Lumbar Rotation Stretch

REPS: 5



### Setup

Begin in a standing upright position with your arms crossed over your chest.

### Movement

Slowly rotate your body to one side until you feel a stretch in your back. Hold briefly, then repeat to the other side.

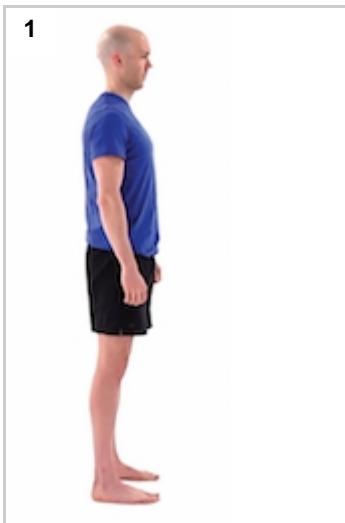
### Tip

Try not to arch your back during the exercise, and move your head and your trunk at the same time.

---

## Standing Lumbar Extension

REPS: 5



### Setup

Begin in a standing upright position with your hands resting on your hips.

### Movement

Slowly arch your trunk backwards and hold.

### Tip

Make sure to maintain your balance during the exercise and do not bend your knees.

---

## TL Sidebending Stretch - Single Arm Overhead

REPS: 5



### Setup

Begin in a standing upright position. Raise one arm overhead and rest the other hand on your hip.

### Movement

Slowly lean toward the opposite side of your raised arm until you feel a stretch and hold.

Repeat to the other side.

### Tip

Make sure to keep your hips level and maintain your balance during the stretch. Do not let your trunk bend forward or backward.

---

## Seated Piriformis Stretch with Trunk Bend

REPS: 2

HOLD: 15 SECONDS



### Setup

Begin sitting upright in a chair with one ankle resting on your opposite knee.

### Movement

Slowly lean forward, gently pressing down on your bent leg with your hands until you feel a stretch along the underside of your thigh. Hold this position.

Repeat on the other side.

### Tip

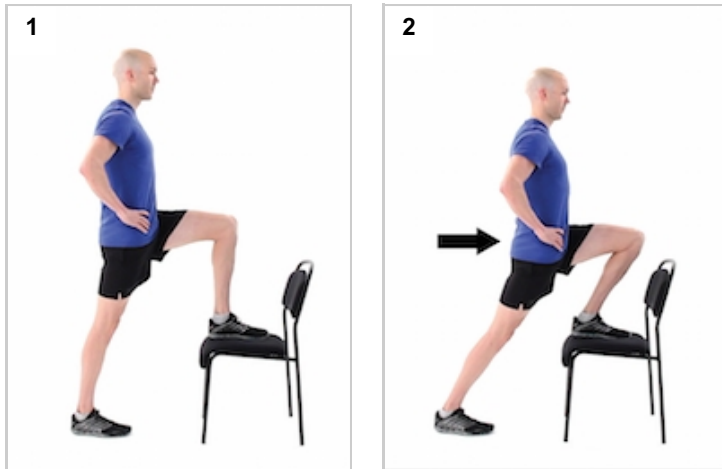
Make sure to keep your back straight as you bend forward.

---

## Hip Flexor Stretch with Chair

REPS: 2

HOLD: 15 SECONDS



### Setup

Begin in a standing position with one leg resting on a table or chair and the leg to be stretched resting on the ground.

### Movement

Keeping your back straight and upright, squeeze your bottom, and slowly shift your weight forward until you feel a stretch in the front of your hip.

Repeat on the other side.

### Tip

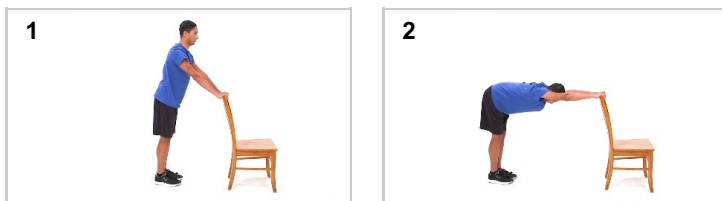
Make sure to keep your hips and shoulders facing forward, and do not arch your low back.

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## Step Back Shoulder Stretch with Chair

REPS: 2

HOLD: 15 SECONDS



### Setup

Begin in a standing upright position in front of a chair with your hands resting on the backrest.

### Movement

Slowly walk your feet backward, lowering your chest toward the floor, until you feel a stretch in your shoulders. Hold, then return to the starting position and repeat.

### Tip

Make sure keep your movements slow and controlled and do not shrug your shoulders during the exercise.