



Scorpions

Laying on the stomach with arms out wide, bend one knee, raise the leg up and reach it up and over towards the floor. Pause for 1-2 seconds, return the leg back to the starting position, and alternate to the other leg. Keep the shoulders and arms on the floor but allow the hips and low back to rotate while reaching. Alternate sides.

Repeat 10 Times
Hold 2 Seconds
Complete 1 Set
Perform 3 Times a Week



Iron Cross

Start by lying on your back with your legs extended and arms out to the side. You may use pillows to support your head and neck or lie flat on a mat or bed.

Keeping your shoulders in contact with the mat, slowly guide your leg across your body, keeping your leg as straight as possible. You may feel the stretch on the side of the upper portion of your leg, glute or low back.

Repeat 10 Times
Hold 2 Seconds
Complete 1 Set
Perform 3 Times a Week



Prone press up with patient over pressure

-Begin by laying on your stomach with your hands placed under your shoulders

-Now straighten your arms as far as you're able, raising your torso up off the table/floor

-Try to keep your back, buttock, and stomach muscles as relaxed as possible

-Once you reach the point of restriction exhale and look up toward the ceiling

-Then return slowly return to the start position

-Don't feel the need to force the motion, but do try to get further on each repetition as able

-This should be a slow and controlled motion, perform for recommended # of reps

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 3 Times a Week



Quadratus Lumborum (QL) Release

Place a lacrosse ball on the QL muscle belly. Avoid placing the ball on bony landmarks. Lay on your back with your leg of the target side crossed over the opposite knee. Search for tender "trigger-points". Hold lacrosse ball on each trigger point, while allowing the ball to sink into the muscle without your muscle guarding. Once achieved, allow you legs to fall towards the target side to increase the pressure through the lacrosse ball.

Spend no more than 30 seconds on each trigger point. Repeat the process on other trigger points you find in the muscle but spend no more than 2 minutes total on each side. (1-2 minutes, each side)

Hold 2 Minutes
Complete 1 Set
Perform 3 Times a Week

PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your leg on the opposite knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock. (if you cannot reach your thigh, use a strap/belt/rope to pull the leg).

Video # XVB87Y3ZC

Repeat 2 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Times a Week

