

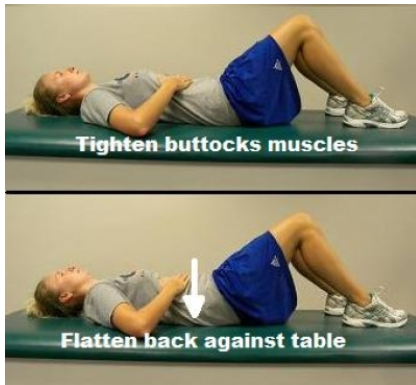
DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.



Repeat 10 Times
Complete 2 Sets

Hold 10 Seconds
Perform 1 Times a Day



POSTERIOR PELVIC TILT

Lie on your back on a firm surface with knees comfortably bent (top picture). Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture).

Repeat 10 Times
Complete 1 Set

Hold 10 Seconds
Perform 1 Times a Day



LOWER TRUNK ROTATIONS - LTR - WIG WAGS

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

REMEMBER TO KEEP YOUR HIPS ON THE BED/FLOOR

Repeat 10 Times
Complete 2 Sets

Hold 3 Seconds
Perform 1 Times a Day

KNEE FALL OUT



While lying on your back with both knees bent, stabilize your spine by bracing your abdominal muscles. Hold this contraction as you slowly lower one knee to the side. Your pelvis should not move.

You can place your thumbs on your pelvic bone to get feedback of any movements that occur. If your pelvis moves too much, then next time lower the leg less to maintain good control.

Repeat 10 Times
Complete 1 Set

Hold 10 Seconds
Perform 1 Times a Day

SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.



Repeat 10 Times
Complete 2 Sets

Hold 5 Seconds
Perform 1 Times a Day



Shoulder dowel flexion - Dustin

-Grab a stick, dowel, GOLF CLUB, BROOM, or cane with both hands slightly wider than shoulder width

-Bring the stick over head as far as possible without arching your back TO ADD A LITTLE EXTRA PULL YOUR HANDS APART AS YOU LIFT.

-Return to the start position and repeat

Repeat 10 Times
Complete 2 Sets

Hold 2 Seconds
Perform 1 Times a Day



Cane Shoulder Abduction

While standing using a cane, broomstick, GOLF CLUB, or yardstick, use unaffected arm to push affected arm upwards AND OUT TO THE SIDE into abduction. THUMBS POINTING IN THE DIRECTION YOU ARE GOING.

DONT FORGET TO BREATHE.

Repeat 15 Times

Hold 3 Seconds

Complete 2 Sets

Perform 2 Times a Day



PECTORALIS CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elobws bent AT A 90 DEGREE ANGLE so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders.

NOTE: Your legs should control the stretch by bending or straightening your front knee. □

Use opposite legs for exercises.

Repeat 5 Times

Hold 15 Seconds

Complete 1 Set

Perform 1 Times a Day