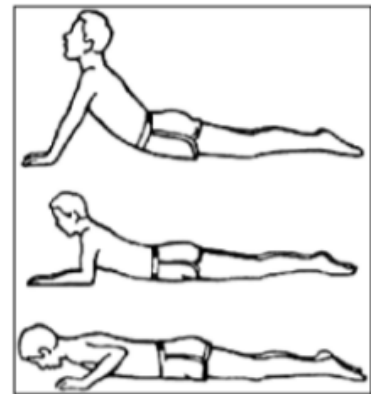


MAST HEALTH

McKenzie Exercise : Start in a face down position. Keeping your hips on the floor, and let your back relax. Bring your body up so you are resting on your forearms. Lie face down with your hands near your shoulders. Keep your hips on the floor and let your back relax. Push your upper body off the floor using your arms. Perform this to tolerance 2-3 times for 10-12 seconds each.



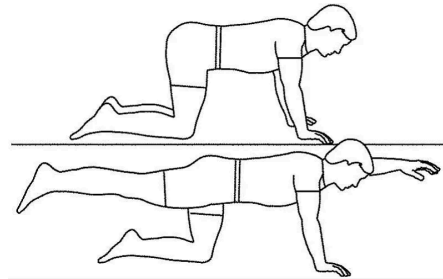
McKenzie extension exercise.

Glute Bridges Lie on your back; this can be done on bed or on the floor. Bend your knees and bring your feet flat. Feet should be shoulders width apart and inhale. Exhale while bringing the hips off of the floor or bed, and try to make a straight line from your knees to shoulders. Slowly bring your hips back to the surface you are on. Repeat this ten times in the morning and ten times at night.

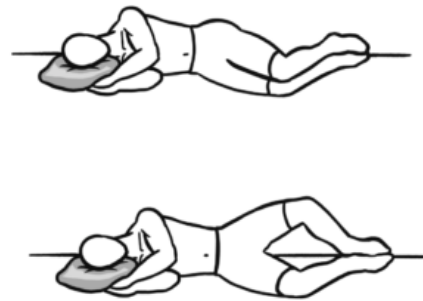


Bird-Dogs: Get on a hands and knees position. From there slowly extend the right arm and the left leg. Then bring the arm and leg back to the starting position, and then repeat with the left arm and right leg. If this is too challenging, you can perform this exercise one arm or leg at a time.

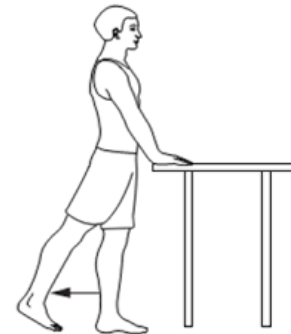
Perform this 5 times on each side to tolerance.



Clamshell: Lie on your side, bend your knees and keep your ankles together. Lift your top knee and hold your hips open for 5 seconds. Be sure not to lift your bottom knee off the end or floor, and do not roll your hips. Perform this 10-12 times per side to tolerance.



Hip Extension: Stand straight up with your hands on a table, chair or with your hands on a wall for stabilization. Extend one leg all the way back so just your toe touches the group, drop your ankle toward the other foot, the inside of your foot should be closer to the group. Without bending the knee, lift the leg up. This should only be about 10-12 inches. Repeat this movement 5-10 times to tolerance on each side 3 times per day.



Cat-Cow / Cat-Camel: Start on your hands and knees position, breathe in, and let your stomach drop and extend your head toward the ceiling. Breathe out and push your stomach up and look toward the ground. This can be used to stretch the lower back and the neck.



Piriformis Stretch: Lie on your back and cross the left leg over the right knee, making a figure 4 pattern with your legs. Slowly bring the other leg up to elevate the crossed leg. This stretch can also be performed sitting while in a chair. Start on your side, and put one leg in front of you, roll over on top of the leg, and extend your low back with your arms. This stretch can also be done standing by putting one leg on your bed and leaning forward. Do these exercises to tolerance for 10-12 seconds on each side.

Piriformis Stretch

