

Seated Hamstring Stretch

Sets: 1 **Reps:** 3 **Time:** 30 sec



Starting Position: Begin in a seated position with legs outstretched straight ahead.



Movement: Slowly reach forward towards toes until end range of motion and stretch is felt in the back of the legs. Hold for prescribed amount of time before returning to start position.

Modified Cobra

Sets: 1 Reps: 3 Time: 30 seconds



Starting Position: Begin lying face down on floor or firm surface with elbows bent and hands under shoulders.



Movement: Slowly press body upward arching your back and gently squeezing your lower back muscles. Maintain forearm contact with surface during entire movement. Pause momentarily, then slowly lower yourself to the start position. Repeat for prescribed repetitions and sets.

Child Pose Stretch

Sets: 1 Reps: 3 Time: 30 seconds



Starting Position: Begin on hands and knees on floor. Reach out directly in front extending arms. Palms should be flat on floor.



Movement: Slowly sit hips back toward floor dropping head and chest downward as arms extend further. Hold for 20-30 seconds or prescribed duration. Repeat for prescribed repetitions.

Quadruped Hip Extension

Sets: 1 Reps: 3 Time: 30 seconds



Starting Position: Begin on floor on hands and knees. Hips should be positioned above knees and shoulders should be above hands. Attain a neutral spine position.



Movement: Activate core muscles. While maintaining a straight neutral and level pelvis, extend one hip and knee. Do not arch low back. Slowly return to start position. Repeat for prescribed repetitions and sets. Repeat on opposite side.

Bird Dog

Sets: 1 Reps: 3 Time: 30 seconds



Starting Position: Begin on your hands and knees with your head and back in a straight position. Hands should be under your shoulders, hips directly above knees.



Movement: Activate core muscles. Raise one arm to shoulder level as opposite leg simultaneously lifts off floor, extending to hip height. Pause momentarily. Return to start position and alternate sides. Maintain a straight spine position, not allowing your hips to twist or rotate. Do not hyper-extend low back when extending leg. Repeat for prescribed repetitions and sets.