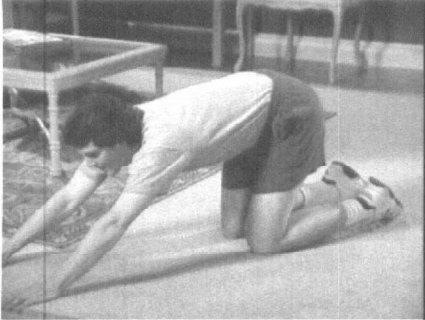


Patient: Back, Lower

Usage:

1. (45) Forward Praying Stretch: 2 reps, 30 sec hold, 1 set



Start on all fours and reach forward.

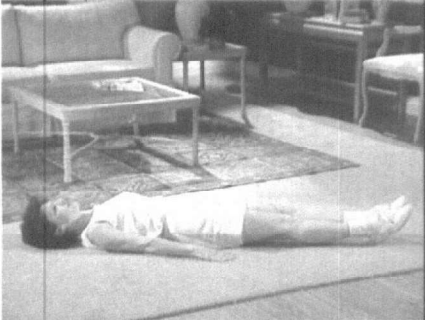


Sit back on your heels.



Hold the stretch.

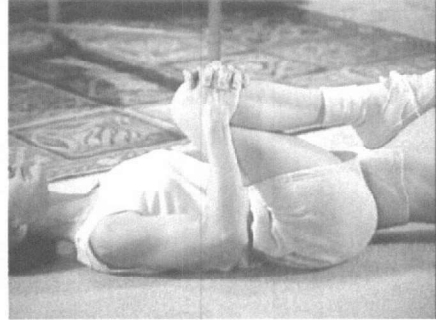
2. (47) Alternate Knee Tuck in Supine: 2 reps, 30 sec hold, 1 set



Lie on back with your legs extended.



Pull your left knee in toward your chest.



Lower left leg and repeat with the right leg.

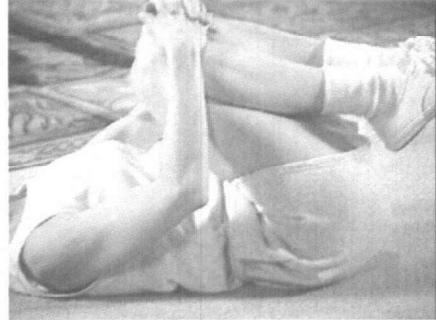
3. (48) Bilateral Knee Tuck in Supine: 2 reps, 30 sec hold, 1 set



Lie on your back.



Pull both knees in toward your chest.



Hold the stretch.

4. (99) Hamstring Stretch in Long-sitting: 2 reps, 30 sec hold, 1 set



Sit with involved leg out straight.



Reach forward toward your ankle.



You should feel the stretch in your hamstring.

Patient: Back, Lower

Usage:

5. (106) Quadriceps Stretch in Standing: 2 reps, 30 sec hold, 1 set



Stand near chair for balance.

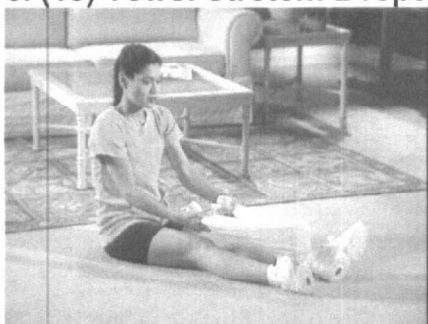


Bend your involved knee and grasp at the ankle.

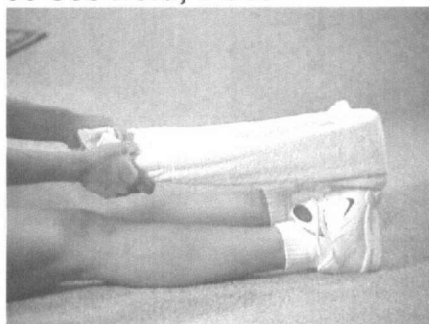


Keep your body upright and hips straight.

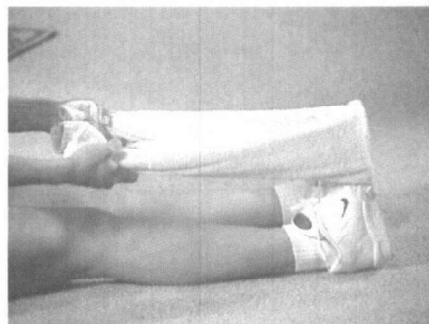
6. (15) Towel Stretch: 2 reps, 30 sec hold, 1 set



Sit on the floor with your leg straight.



Place a towel around the ball of your foot.

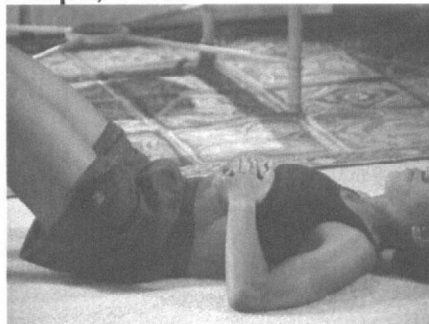


Pull the towel toward your body.

7. (53) Pelvic Tilt in Supine: 10 reps, 1 set



Lie on your back with both knees bent.

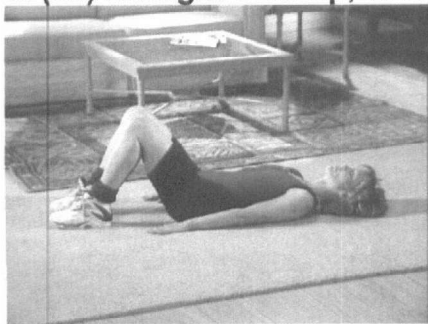


Flatten your back to floor.



Relax up.

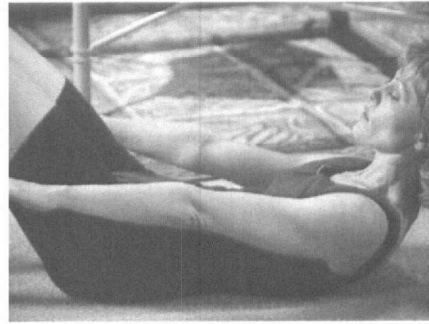
8. (33) Straight Curl-up, Arms Reaching Forward: 10 reps, 1 set



Lie on back with knees bent arms at side.



Curl up raising your shoulders off the floor.

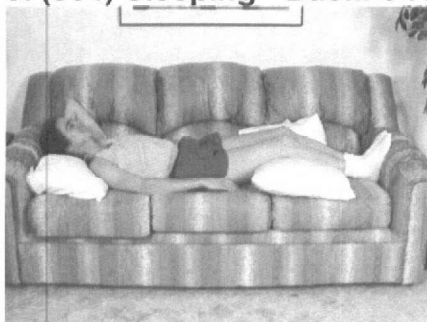


Lower and repeat.

Patient: Back, Lower

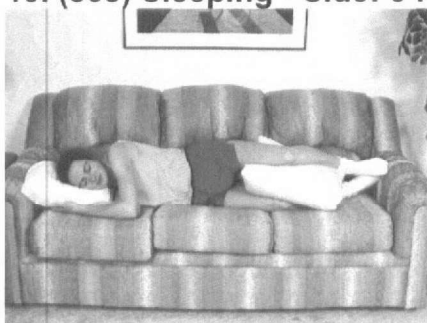
Usage:

9. (364) Sleeping - Back: 0 rep, 0 set



Lie on back with pillow supporting knee

10. (365) Sleeping - Side: 0 rep, 0 set



Sleep on side with pillow between knees