

Sidelying Thoracic Rotation with Open Book

REPS: 10

SETS: 1

DAILY: 1

WEEKLY: 7

1



2



3



Setup

Begin lying on your side with your legs bent at a 75 degree angle and your arms together straight in front of you on the ground.

Movement

Slide your top hand back and forth over your bottom hand 5 times, rotating your shoulders. Then, lift your top arm straight up and over to the floor on your other side.

Tip

Make sure to keep your knees together and only rotate your back and upper arm. Your hips should stay facing forward.

Supine Hip Internal and External Rotation

REPS: 10

SETS: 1

DAILY: 1

WEEKLY: 7

1



2



3



Setup

Begin lying on your back with your knees bent, feet flat on the floor, and legs wider than hip width apart.

Movement

Let your knees fall toward the same side, then repeat on the other side.

Tip

Make sure to keep both of your shoulders on the ground during the exercise and do not arch your back.

Supine Piriformis Stretch with Foot on Ground

REPS: 3	SETS: 1	HOLD: 30	DAILY: 1
WEEKLY: 7			



Setup

Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

Movement

Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.

Tip

Do not allow your back to twist or bend excessively during the stretch.

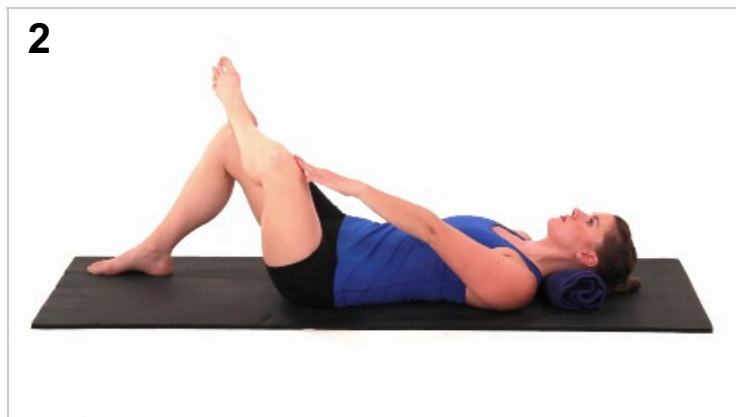
Supine Figure 4 Piriformis Stretch

REPS: 3

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with both legs bent and your feet on the ground.

Movement

Lift one leg and place that ankle on your opposite knee, then apply a gentle pressure to your bent knee with your hand. You should feel a stretch in your buttocks.

Tip

Make sure to keep your low back flat on the floor during the stretch.