

Sidelying Open Book Thoracic Lumbar Rotation and Extension

REPETITIONS:
10

SETS: 1

DAILY: 1

WEEKLY: 5



perform on each side

Setup

Begin lying on your side with your bottom leg straight, your top leg bent at 90 a degree angle, and your arms straight on the ground together.

Movement

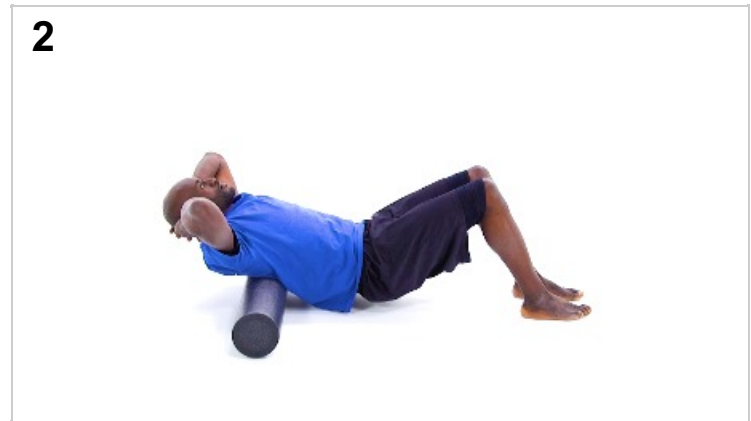
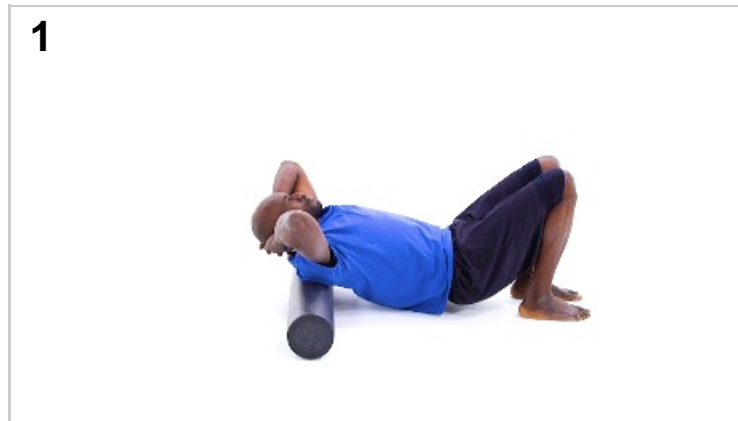
Slowly move your top arm away from your other arm, toward the floor on the other side, rotating your trunk at the same time.

Tip

Make sure to keep your top leg on the floor and only go as far as you can without arching your back.

Thoracic Mobilization with Hands Behind Head on Foam Roll

SETS: 1	DURATION (SECONDS): 60	DAILY: 1	WEEKLY: 5
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Setup

Begin lying on your back with your knees bent, resting your mid back on a foam roll with your hands behind your head.

Movement

Slowly roll back and forth over the foam roller.

Tip

Make sure to use your hands to only support your head and do not let your low back arch during the exercise.

Supine Sciatic Nerve Glide

REPETITIONS:
20

SETS: 1

DAILY: 1

WEEKLY: 5



perform on each side

Setup

Begin lying on your back with your knees bent and feet flat on the floor. Grasp one leg behind your thigh and straighten that knee.

Movement

Bend your foot down toward your body, then away toward the ceiling, keeping your leg straight. Repeat this movement.

Tip

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

Single Knee to Chest

REPETITIONS:
10

SETS: 1

DAILY: 1

WEEKLY: 5

1



2



perform in an alternating fashion between legs

Setup

Begin standing in a long, open, and flat area.

Movement

Lift one knee up to your chest and hug it with your arms. Hold briefly, then repeat on the other side.

Tip

Make sure to maintain your balance during the exercise.

Standing Knee Flexion Stretch on Step

REPETITIONS:
10

SETS: 1

DAILY: 1

WEEKLY: 5



perform on each side

Setup

Begin in a standing upright position with one foot resting on a step.

Movement

Bend your knee as far as you can by shifting your weight forward. Hold this position. Return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise.

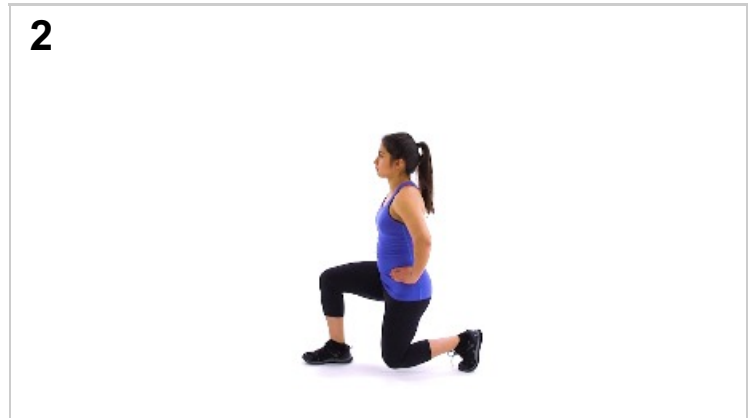
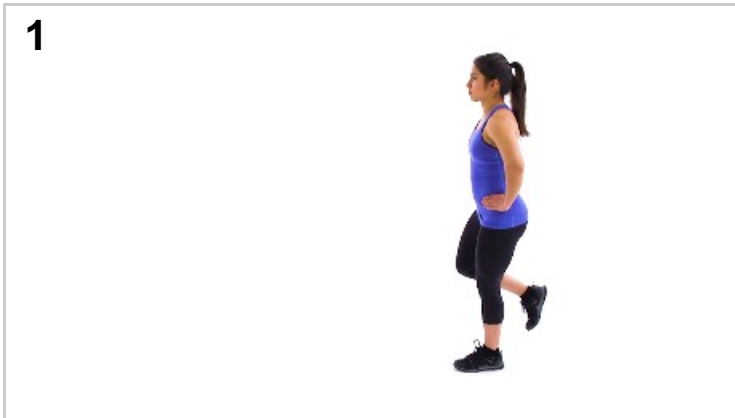
Walking Forward Lunge

REPETITIONS:
10

SETS: 1

DAILY: 1

WEEKLY: 5



perform in an alternating fashion between legs

Setup

Begin standing upright with your hands at your hips.

Movement

Take a large step forward, lowering into a lunge position with your knees bent at 90 degree angles. Then raise yourself up and lunge forward on your other leg without letting your foot touch the ground in between.

Tip

Make sure to keep your trunk upright during the exercise. Do not let either knee collapse inward or let your knees move forward past your toes.