

1. Please understand that Rehabilitative Stretching is different than standard stretching before exercise.
2. To establish length it is important to stretch multiple times throughout the day.
3. Hold stretches to a count of six, ___ repetitions and do this ___ times per day.
4. Perform all circled stretches above and if at any time significant pain results, stop immediately and report to your doctor.
5. It is important not to bounce while stretching and do not produce pain. Remember to breathe.

1. Pelvic Lift



2. Pelvic Lift with Leg Extension



1. **Pelvic Lift:** Begin in the recumbent position with heels close to the buttocks. Slowly raise the pelvis as far as you can.
2. **Pelvic Lift with Leg Extension:** Extend each leg while the pelvis is elevated

3. Ball Bounce



4. Pelvic Abc's



3. **Ball Bounce – 2 minutes**
4. **Pelvic Abc's – Twice**

5. Crunch



6. Active Back Extensions



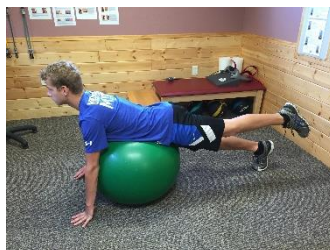
5. **Crunches:** Crunches are initiated with the knees bent and the arms placed across the chest. Slowly lift your shoulder blades off the floor.
6. **Active Back Extensions:** While lying on your stomach, place your hands at your sides and slowly lift your trunk upward as far as you can. *Place your arms in front of you and extend your torso.

7. Scapular Stabilization Exercises (a-c)



7. (a-c) **Scapular Stabilization Exercises:** These exercises are designed to strengthen your mid-back musculature. First, lie down on your stomach with your palms face up at your hips. Lift up and reach back your arms and torso as high as you can (a). Next repeat the same maneuver as a. except externally rotate your arms so your thumbs are pointing toward the ceiling (b). Finally, extend your arms to the side of your body, palms down with a slight bend in your elbows. Extend your torso while trying to squeeze your shoulder blades together and flaring your fingers(c).

9. Extensor Strengthening



8. (a-c) **Extensor Strengthening:** Start on your hands and knees then slowly raise one arm in front of your head (a). Return to the starting position. Next, slowly raise one leg up and back (b). Return to the starting position. Finally, slowly raise one arm and the opposite leg for five seconds (c). Return to the starting position.

10. Wall Sit



11. Lunge



9. **Wall Sit:** While standing with your back against the wall and your feet shoulder width apart, slowly bend the knees as if you were going to sit in a chair. Hold this position for five seconds then return to the starting position. Repeat this five to ten times. Your back and shoulders should be pressed against the wall throughout the squat.
10. **Lunge:** While standing erect, step forward with one leg, bending at the knee, until your posterior knee almost touches the floor. Hold this position for one second and slowly return to the starting position. Repeat this five to ten times. Keep your back straight at all times.