



Cat Arch

On floor on hands and knees.
Let head relax down, suck stomach muscles in toward the spine and arch spine up to the ceiling like an 'angry cat'.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Active Knee to Chest

Lying on back, hug both knees to chest.
Gently push knees up to ceiling (against resistance).
Then hug knees tight to chest again, hold and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Single Knee to Chest

Lying on back with knees bent and feet flat on the floor (can perform stretch sitting or standing as well).
Hug one knee up toward chest, hugging under the knee joint, to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hamstrings - Seated

Sitting with both feet straight out in front, toes point to the ceiling.
Bend straight forward from the hips, keeping back aligned and chest up, to feel a stretch in the back of the legs.
Support body with hands on the floor.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hamstrings - Chair

Stand facing square to a chair, feet shoulder width apart.
Place heel of one foot up on chair, keeping knee straight and toes pulled back.
Slightly bend knee of supporting leg and direct buttocks backwards to feel a stretch in the back of the thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hamstrings SLR

Lying on back with knees bent and feet flat on the floor.
Raise one leg up towards the ceiling keeping toes pulled back to feel a stretch in back of the thigh.
Use hands to support leg.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hamstring Up Wall 90°

Lie on back within a doorway. Raise one leg up along wall as far as able. Slowly scoot bum closer and closer to wall, using wall to support leg, to feel a stretch in the back of the leg. Hold.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Lumbar Extension 1/2

Lying on stomach, use elbows/forearms to raise upper body up off floor keeping pelvis in contact with floor. Keep buttocks relaxed and allow low back to 'sag'.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Lumbar Extension Full

Lying on stomach with hands on floor at shoulder level. Slowly push upper body up off floor keeping pelvis in contact with floor. Keep buttocks relaxed and allow low back to 'sag'.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Flexors / Low Lunge

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor. Lunge position should be long enough so that the front knee should not bend past 90°. Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Side Lying Hip Flexors

Lying on side, grasp ankle of top leg. Keep knee, hip and shoulder in line. Maintain a pelvic tilt and squeeze the buttock muscles to extend hip further (do not pull with hand) to feel a stretch in the front of the hip.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



QL Side Bend

Standing or sitting in readiness position. Slowly bend to one side, without rotating, supporting upper body with hands on thighs. Feel a stretch in the side of the low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Seated Rot. / Knee Across Chest

Sitting tall, feet flat on floor.
Cross one foot over the opposite leg, resting foot on edge of chair.
Hug bent knee towards chest while turning upper body.
Maintain tall posture as you turn to feel a stretch in the side of the hip and low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Lumbar Rotation - Supine

Lying on floor with arms out at shoulder level. Bend one knee and cross that leg over opposite leg. Let knee drop across and over toward floor while turning the head to the opposite side. Feel a stretch in the hip and low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31