**LOWER TRUNK ROTATIONS - LTR - WIG WAGS - KNEE ROCKS**

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

Video # VVHFZ3NCW

Repeat 1 Time
Hold 10 Seconds
Complete 3 Sets
Perform 1 Times a Day

SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat.

Video # VV3W4RJUU

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day

**DOUBLE KNEE TO CHEST STRETCH - DKTC**

While Lying on your back, hold your knees and gently pull them up towards your chest.

Video # VVSHPUFNG

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day





CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction.

Video # VVWPCEBAB



Repeat 1 Time
Hold 3 Seconds
Complete 5 Sets
Perform 1 Times a Day



PRESS UPS

Lying face down, slowly press up and arch your back using your arms.

Video # VV6MQGFXM

Repeat 1 Time
Hold 15 Seconds
Complete 3 Sets
Perform 1 Times a Day

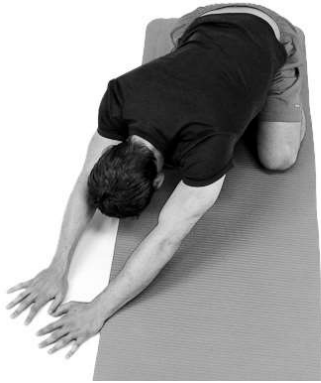


CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Video # VVAKQPLG3

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side.

Video # VV8QWGRE2

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



Open Book

Lie on your side with arms straight out and hands pressed together in front of you. Knees are pulled up and bent towards the chest. From here, turn your torso so your back is lying flat on the ground, and your arms have opened up like a book. Hold this position before returning to start.

Video # VVH6EL9JW

Hold 20 Seconds
Complete 3 Sets
Perform 2 Times a Day



UPPER TRUNK ROTATIONS - UTR

Cross your arms over your chest, then twist your trunk to the side.

Video # VVJKT38VT

Repeat 1 Time
Hold 15 Seconds
Complete 3 Sets
Perform 1 Times a Day



TRUNK EXTENSION - TOWEL - AROM - MOBILIZATION

While sitting in a chair, extend your thoracic spine backwards over a rolled up towel against the back rest.

Video # VVKWZP32W

Repeat 1 Time
Hold 10 Seconds
Complete 3 Sets
Perform 1 Times a Day



SEATED TRUNK FLEXION

While in a seated position, cross your arms over your chest and slowly curl your back forward in order to round your upper back.

Video # VV7J2FCMW

Repeat 1 Time
Hold 15 Seconds
Complete 3 Sets
Perform 1 Times a Day



SEATED LATERAL TRUNK STRETCH

While in a seated position, raise up your arm and bend to the opposite side for a stretch.

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



Pretzel Stretch

Start out on your left side, using your right(top) hand grab your left (bottom) foot and pull to provide a quad/hip flexor stretch, do NOT arch your back.

Use your left (bottom) hand and grab your right (top) knee and pull towards chest, feeling a stretch along glute/buttock area.

Exhale and GENTLY relax your right shoulder to the ground, hold at a moderate stretch, NEVER pain

Repeat in reverse for other side.

Hold 20 Seconds
Complete 3 Sets
Perform 2 Times a Day



LATERAL TRUNK STRETCH - QUADRATUS LUMBORUM

Stand with your feet in tandem, one foot in front of the other. Lean towards a wall and support yourself using one arm as shown. Next, raise up your opposite arm and bend to the side towards the wall for a stretch to the side of your body.

Video # VVS88V88B

Repeat 1 Time
Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



Quadruped Thread the Needle

Start on hands and knees. Reach one hand under and across your body. Look and turn head and shoulders in the directions your reaching

Hold 20 Seconds
Complete 3 Sets
Perform 2 Times a Day



Thoracic Matrix Extension

In seated position, patient will move slowly through full, pain free range of motion. Full flexion and extension of the trunk with scapular protraction and retraction for mobility and stability of the spine.

Hold 10 Seconds
Complete 3 Sets
Perform 1 Times a Day



Table slide stretch

Sit in a chair or on a stool, at a table or desk. Resting arms on the table, either slide arms forward or roll chair backward, until you feel a stretch. Repeat moving both arms to one side, then the other side.

Repeat 3 Times
Hold 20 Seconds
Perform 2 Times a Day



Seated Sciatic Dural Stretch

Sit on a chair and round your upper back as much as possible and tuck your chin into your chest.

From this position straighten your leg and curl your toes back towards your forehead.

Repeat 8 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Times a Week



Lower Trunk Rotation with "T" Arms

Goal of this exercise is to maintain contact of both shoulders with the ground as your lower trunk rotates. In this picture the LEFT palm is face down and the RIGHT palm is face up as the trunk rotates to the L.

(you may feel a stretch in several different places including hip, chest(pecs), low back, upper back, arms)(all are appropriate and therapeutic)

Use the Left palm/arm to help lower the foot of the crossed leg to the ground, then use this same arm to help raise the same foot/leg off the ground, returning to starting position. Repeat 5-10x on this side, then flip palms, switch leg position and repeat on the opposite side.

Hold 20 Seconds
Complete 3 Sets
Perform 2 Times a Day



TRUNK ROTATIONS WITH CANE

Stand with cane, golf club or wand behind your neck and over your shoulders as shown. Next, with feet planted on the floor, rotate and twist your body side-to-side.

Video # VV6TXA3DW

Repeat 1 Time
Hold 10 Seconds
Complete 3 Sets
Perform 1 Times a Day