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## HIP / KNEE - 48 Piriformis (Supine)

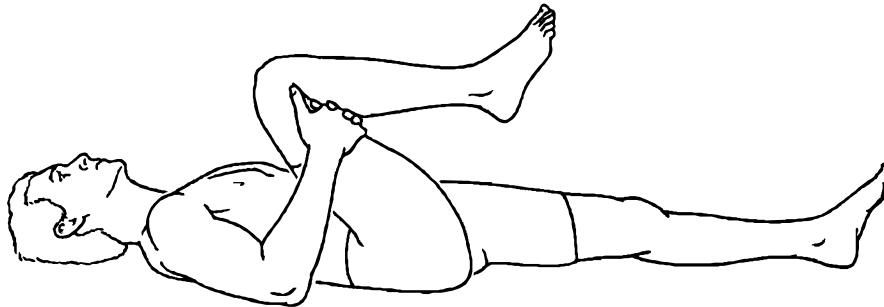


Cross legs, one ankle on top of your knee. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg.

Hold 20-30 seconds.

Repeat 3-5 times per leg. Do 2-3 sessions per day.

### BACK - 18 Knee-to-Chest Stretch: Unilateral

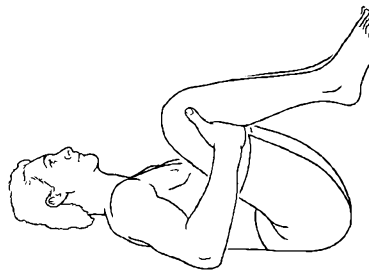


With hand behind one knee, pull knee to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 20-30 seconds. Avoid pain. Please note that this exercise is contraindicated for certain spinal conditions. Please follow the advice of your physician or physical therapist before performing this exercise.

Repeat 5 times each side.  
Do 2 sessions per day.

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### BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. \*Avoid pain. Keep in mind that this exercise is contraindicated for certain spinal conditions. Please follow the advice of your physician or physical therapist in regards to exercise.

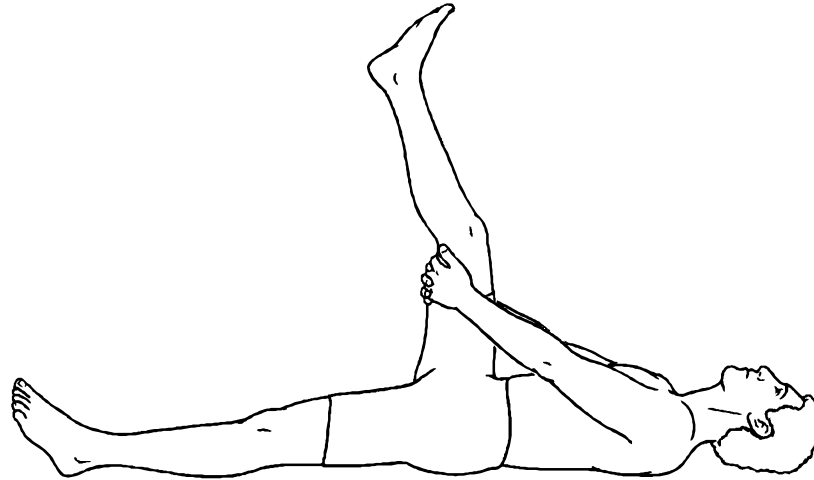
Keep back relaxed. Hold 20-30 seconds.

Repeat 5 times per set.  
Do 2 sessions per day.

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## HIP / KNEE - 38 Stretching: Hamstring (Supine)



Supporting one thigh behind knee, bring thigh toward your chest, keeping knee slightly bent. Hold 30 seconds. Avoid increasing leg or back pain. This exercise is contraindicated for certain spinal conditions. Please follow the advice of your physician or physical therapist before performing this exercise.

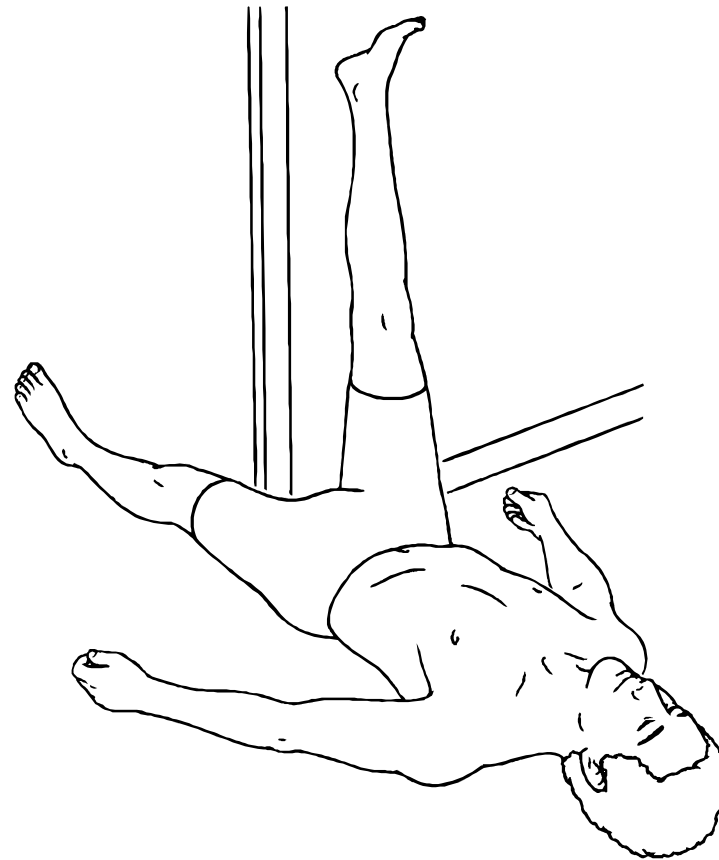
Repeat 3-5 times on each leg.  
Do 1-2 sessions per day.

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## HIP / KNEE - 33 Stretching: Hamstring – Wall

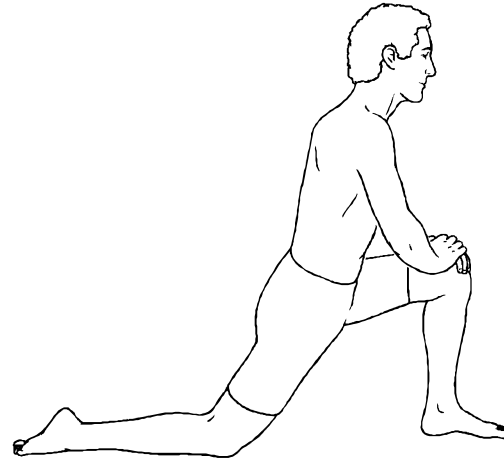
Lying on floor with one leg on wall, other leg through doorway, scoot buttocks toward wall until stretch is felt in back of thigh. Keep your knee slightly bent. As leg relaxes, scoot closer to wall. Hold 30 seconds. Avoid back or leg pain.

Repeat 3-5 times on each leg.  
Do 1-2 sessions per day.



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## HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on one knee, slowly push pelvis down keeping your abdominals tight to protect your lower back. You should feel a stretch on the front of your hip. This exercise can also be performed in standing by placing your front foot up onto a chair.

Hold \_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.

Do \_\_\_\_\_ sessions per day.

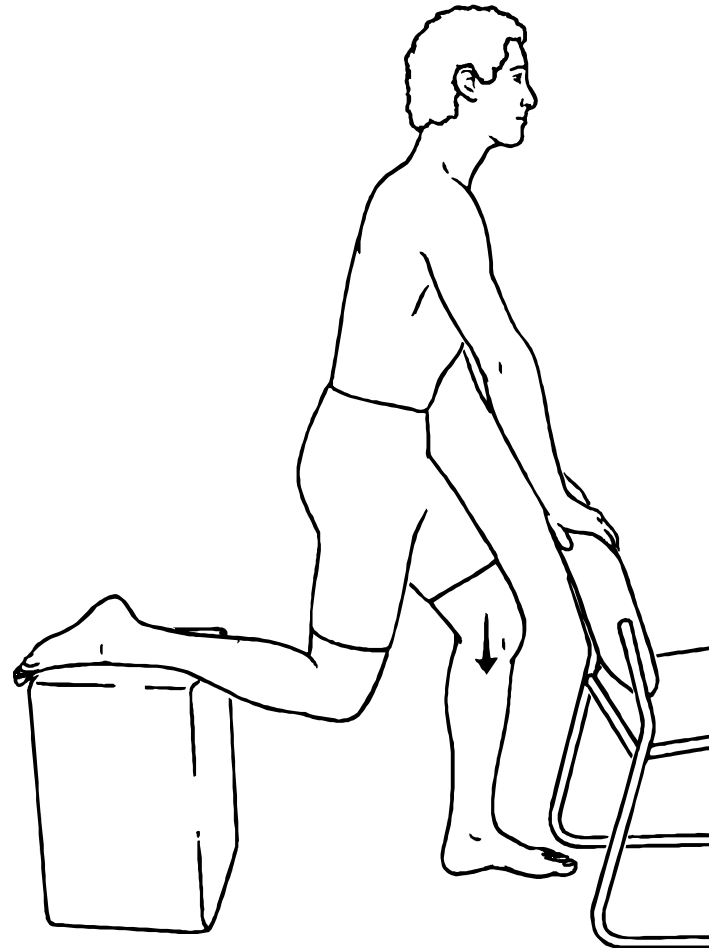
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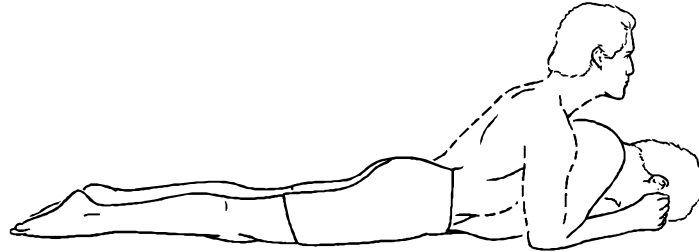
## HIP / KNEE - 61 Stretching: Hip Flexor (Modified)

With one leg supported,  
chair in front for balance,  
slowly bend other leg until  
stretch is felt in thigh of  
supported leg.  
Hold \_\_\_\_ seconds.

Repeat 3-5 times per  
side.  
Do 1-2 sessions per  
day.



### BACK - 1 On Elbows (Prone)



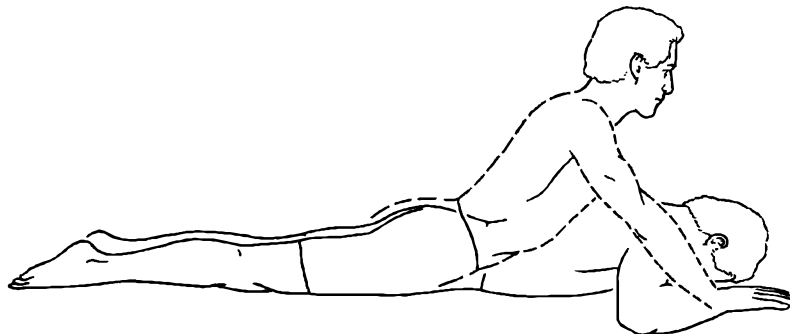
Press up on elbows as high as possible, keeping hips on floor. Keep your back relaxed. Hold 5 seconds.

Do not perform this exercise if it causes any increase in pain. Keep in mind that this exercise is contraindicated for certain spinal conditions. Please follow the advice of your physician or physical therapist before performing this exercise.

Repeat 10 times per set. Do 1 sets per session.  
Do 2 sessions per day.

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### BACK - 2 Press-Up



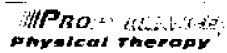
Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 5 seconds. Do not perform this exercise if it causes any increase in pain. Keep in mind that this exercise is contraindicated for certain spinal conditions. Please follow the advice of your physician or physical therapist before performing this exercise.

Repeat 10 times per set. Do 1 sets per session.  
Do 2 sessions per day.

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## Seated Self Traction



Routine For:  
Created By: Laura Vannucci, MPT

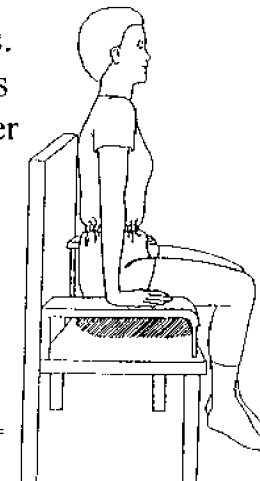
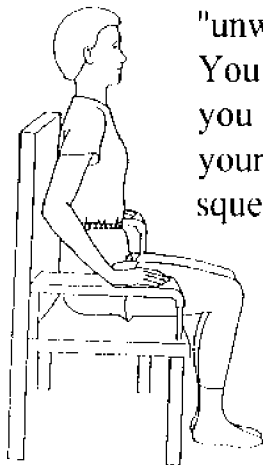
Sep 29, 2005  
additional various exercises

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### Self traction techniques - sitting in a chair

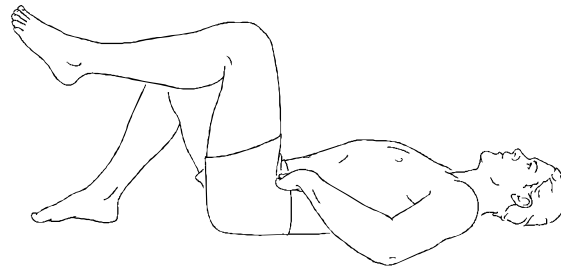
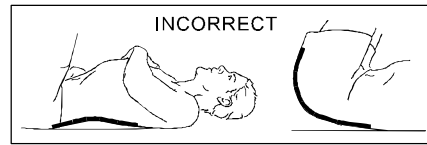
If sitting is difficult for you, it is best to limit your sitting as much as possible. However, if you must sit, it is often helpful to decompress your spine frequently.

About every 10-15 minutes you should perform a buttock squeeze holding the contraction about 10 seconds. Then relax your spine and using the armrests of the chair, gently "unweight" your spine by slowly straightening your elbows. You don't have to fully lift your buttocks off of the chair, as you should feel the pressure release with a gentle lift. Lower yourself slowly and perform another 10 second buttock squeeze.



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## LOWER TRUNK - Marching Supported

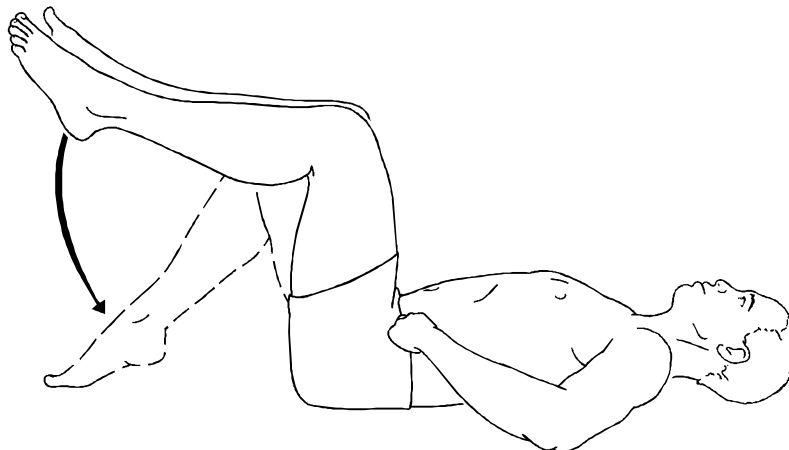


Tighten stomach by pulling belly button in toward your spine. Keep your stomach tight as you lift one leg so it is vertical to the ground. Return the leg back to the starting position and repeat on the other leg. Perform 10 times on each leg.

Do  2  sets,  2  times per day.

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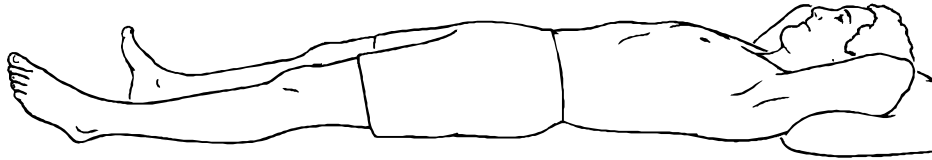
## LOWER TRUNK - Lower Abdominals - Marching Unsupported



Start with both legs up. Lower one leg as you keep your stomach tight. Restabilize pelvis. Repeat with other leg. Do 10 reps on each leg.

Do  2  sets,  2  times per day.

## TRUNK STABILITY - 24 Isometric Gluteals

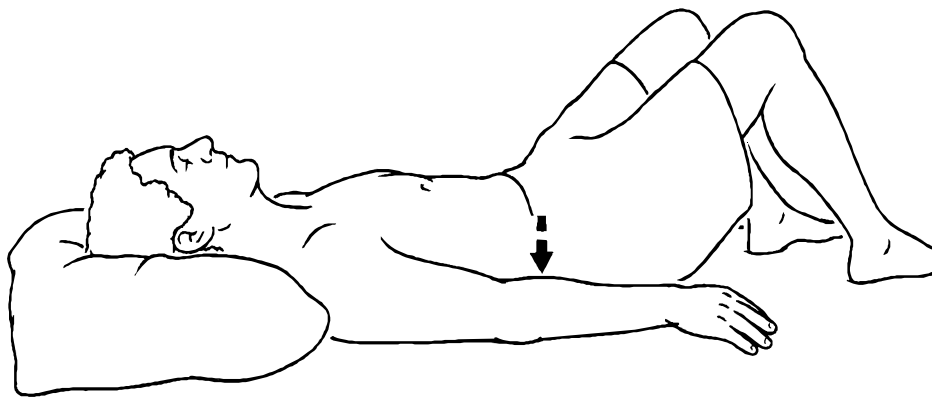


Tighten buttock muscles. Hold 10 seconds. You can do this exercise in any position, any time.

Repeat 5 times per set. Do 1 sets per session.  
Do several sessions per day.

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## TRUNK STABILITY - 4 Isometric Abdominal



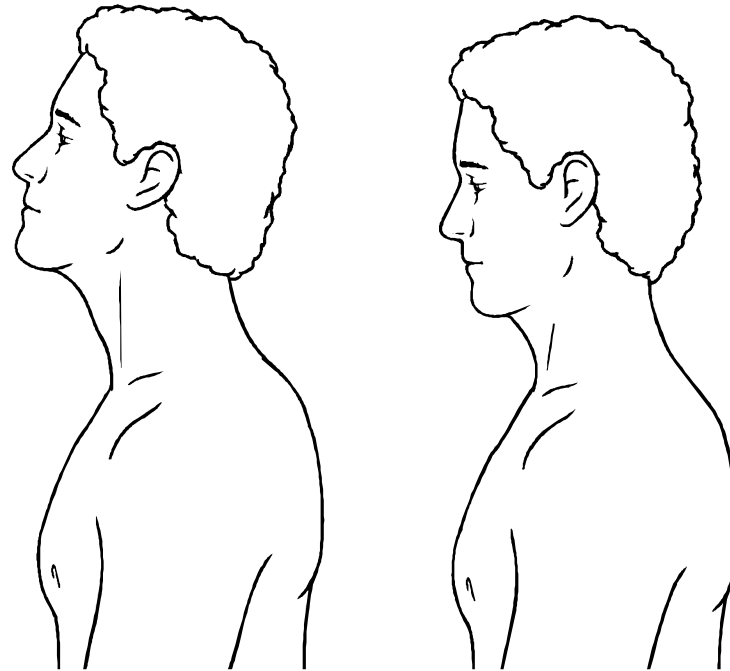
Lying on back with knees bent, tighten stomach by pulling belly button into your spine. Hold 5 seconds. You can perform this exercise in any position at any time during the day.

Repeat 5 times per set. Do 1 sets per session.  
Do several sessions per day.

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## CERVICAL SPINE - Postural Check



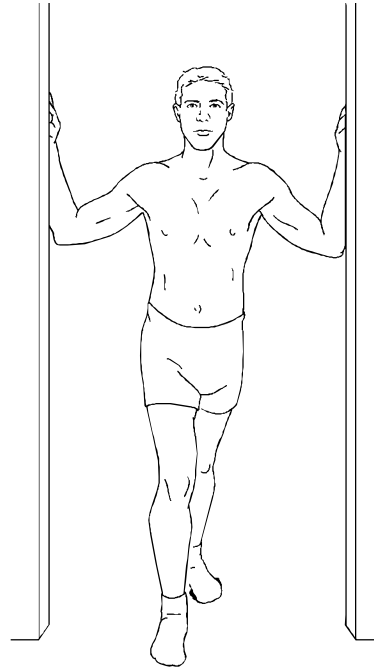
Every 30-60 minutes, make it a habit to check your posture. Pretend there is a string at the top of your head and on your chest bone pulling you up towards the ceiling. Bring your shoulders back by gently squeezing your shoulder blades back together.

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### UPPER TRUNK - Doorway Chest Stretch

Shoulders at 45°, keeping weight on feet, lean forward and squeeze shoulder blades together. Hold 20-30 seconds.

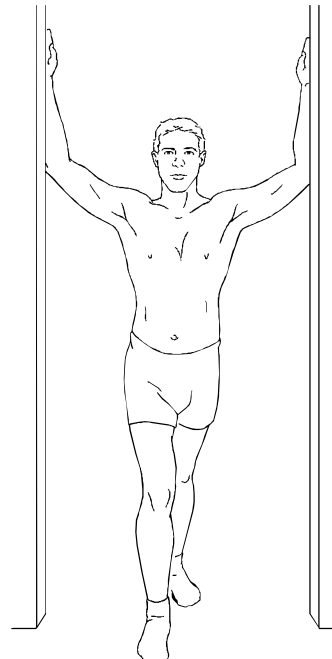


Do 5 times,  
2 times per day.

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### UPPER TRUNK - Doorway Chest Stretch

Shoulders at 120°, keeping weight on feet, lean forward and squeeze shoulder blades together. Hold 20-30 seconds.

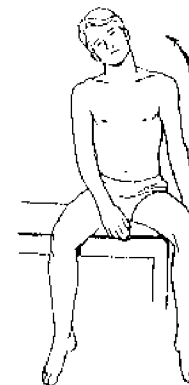


Do 5 times,  
2 times per day.

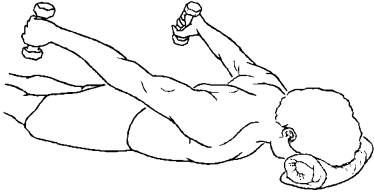
### Cervical Stretches Sitting - Upper trapezius

While sitting in a chair, grab onto the front/side of your chair. Sidebend your ear to your opposite shoulder and lean onto the opposite buttock until you feel a comfortable pull in your shoulder. Gently tuck your chin towards your adams apple and look at your hand holding the chair. Stretch for 20-30 seconds. Repeat 3-5 times per side.

Advanced: While stretching, shrug your shoulder while holding onto the side of chair. Then relax and you should feel your shoulder stretch further. Hold 20- 30 seconds. After stretching 3-5 times, take your hand off the chair and reach to the floor. Repeat the whole sequence on the opposite side.



Postural Strength - Aquaman

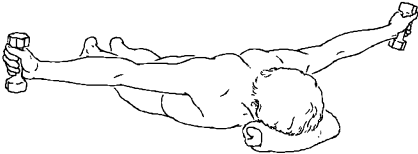


With your hands down at your sides and elbows straight, gently lift your arms, squeezing your shoulder blades down and together. Make sure you keep your upper shoulders and neck relaxed. Hold for 5 seconds.

Repeat 10 times per set. Do 1 sets per session.  
Do 1-2 sessions per day.

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Postural Strength - Batman

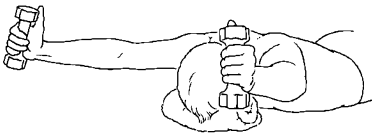


With your straight arms outstretched at shoulder level, slowly raise your arms off the floor squeezing your shoulder blades down and together, thumbs pointing to the ceiling. Hold for 5 seconds.

Repeat 10 times per set. Do 1 sets per session.  
Do 1-2 sessions per day.

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Postural Strength - Superman



With your arms straight overhead and thumbs pointing to the ceiling, gently lift your arms off the floor. Hold 5 seconds. Be careful not to strain your shoulders.

Repeat 10 times per set. Do 1 sets per session.  
Do 1-2 sessions per day.

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