



SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds
Perform 3 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.

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds
Perform 3 Times a Day



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.

Repeat 3 Times
Complete 1 Set

Hold 20 Seconds
Perform 3 Times a Day



PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.



Repeat 1 Time
Complete 1 Set

Hold 20 Seconds
Perform 3 Times a Day



PELVIC TILT

While lying on your back, use your stomach muscles to press your spine downwards towards the ground. Do not move into a painful position.



Repeat 3 Times
Complete 1 Set

Hold 5 Seconds
Perform 3 Times a Day