

PELVIC STRETCH

Purpose: Stretch the pelvic ligaments to increase pelvic flexibility and help stabilize the pelvis.

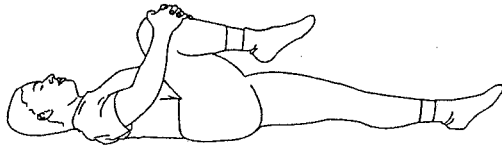


FIG. A

Fig. A.

1- Lie on your back and grasp your hands just below your knee and pull your leg up to your chest to a comfortable stretch position. Keep your opposite leg straight. Repeat with the opposite leg. (hold _____ secs. & _____ X _____ per day).

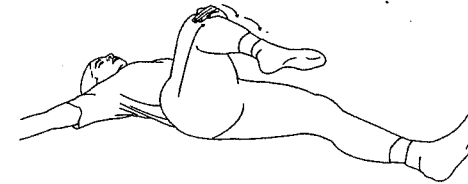


FIG. B

Fig. B.

2- Repeat steps in fig. A. After your leg is pulled up to a comfortable stretch position toward your chest, pull your leg toward your opposite hip. Repeat with the opposite leg. (hold _____ secs. & _____ X _____ per day).

PIRIFORMIS STRETCH

Purpose: To stretch shortened piriformis muscle and assist in maintaining hip joint stability.

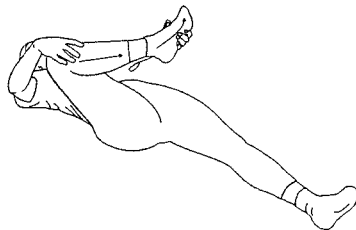


Fig. C.

1-Lie on your back and flex one leg up and cross it over the other leg.
2-Grasp your hands around the opposite leg with bent knee and pull the leg toward your chest until a comfortable stretch is felt in buttocks of crossed leg. Repeat with the other leg if prescribed. (hold _____ secs. & _____ X _____ per day).

Fig. D.

Alternate technique to (Fig. C) (produces increased stretch beyond fig. C.).
1- Lie on your back and flex one leg up with one hand over the knee while the other hand grasps the foot and turns the leg inward to a comfortable stretch position.
2- Pull equally with both hands on the leg in this position toward your chest while keeping your opposite leg straight. Repeat the other leg if prescribed. (hold _____ secs. & _____ X _____ per day).

GROIN & LOW BACK STRETCHES

Purpose: Increase flexibility and range of motion in the low back and groin region



Fig. E. (Groin area stretch)

1 - Sit on the floor, put the soles of your feet together and hold your toes as seen in Fig. E. (hold _____ secs. & _____ X _____ per day).

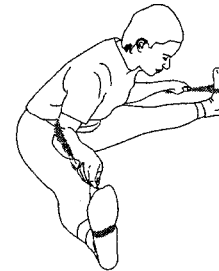


Fig. F.

1 - Sit with legs extended and spread apart. Place the end-loop of strap around each foot and grasp the end of the strap so that the strap runs behind each elbow as seen in Fig F.
2 - Gently pull yourself forward, bending from the hips, feeling a stretch in the groin, middle thigh and lower back. Push the elbows out and flex the feet (hold _____ secs. _____ X _____ per day).



Fig. G. (Mid to low back stretch)

1 - Sit in the cross leg position, then bend and reach to the left until you feel a good stretch in the right mid to low back area as seen in Fig. G.
2 - Press downward on the right knee and thigh region to prevent the leg from raising
Right, Left, Both (hold _____ secs. _____ X _____ per day).