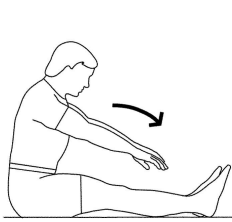


Longsit ham stretch



- Sit on firm surface with legs straight out in front.
- Slowly bend forward at hips, reaching for toes.

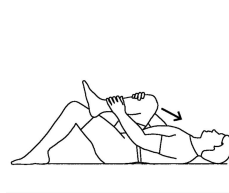
Special Instructions:

Do not allow knees to bend.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Hook piriformis stretch

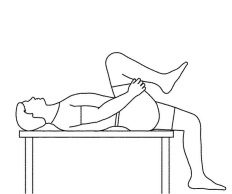


- Lie on back with knees bent.
- Cross one leg over the other.
- Grasp knee and ankle as shown.
- Pull knee across chest to opposite shoulder as shown.
- Repeat with other leg.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Hip flexor stretch 2



- Lie on table or firm bench with half of your thighs off table.
- Position both knees on chest.
- Flatten back against table.
- Lower one leg while holding the other leg to chest.
- Return to start position.
- Repeat with other leg.

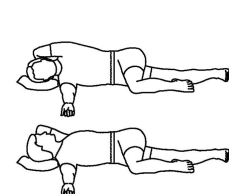
Special Instructions:

Do not allow leg on chest to fall outward.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Lumbar rotation stretch

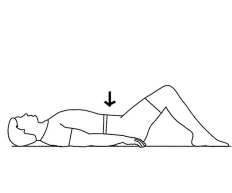


- Lie on side, one hip and knee bent as shown.
- Position lower arm straight.
- Upper hand behind neck.
- Twist trunk and shoulders backward.
- Return to start position.
- Repeat sets while lying on other side.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Draw-ins

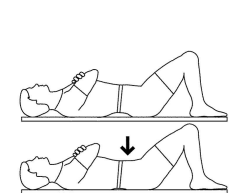


- 'Draw in' your belly button towards your spine and hold.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 8 Seconds.

Posterior pelvic tilt



- Lie on back, knees bent.
- Tighten abdominal muscles and press low back down into floor.
- Relax and repeat.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 8 Seconds.

Exercises are typically listed in order from least difficult to most difficult. Start with the first 2-4 exercises. If they are not challenging, skip further down the document and perform more challenging exercises. Exercises and stretches can be uncomfortable, but should not be painful. Spend no more than 10 minutes a day on these exercises, but try to do them daily.

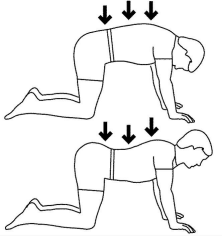
Issued By: Dr. Merritt

These exercises are to be used only under the direction of a licensed, qualified professional.

Dr. Levi G. Merritt

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Cat camel combo



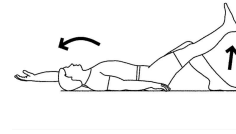
- Begin in 4 point kneeling, back in neutral position.
- Tuck chin in and continue by rounding back upward one segment at a time.
- Reverse by letting back arch one segment at a time, but keep neck in neutral at the end.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Dead bug easy



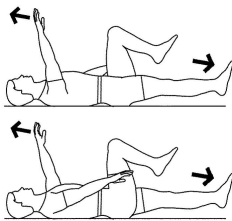
- Lie on back with knees bent.
- Maintain neutral spine.
- Extend knee while lifting opposite arm overhead.
- Lower knee and arm back to start position.
- Repeat with other knee and arm.
- Continue alternating.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Dead bug



- Lie on back with arms straight out, hips and knees bent.
- Lower right leg and left arm to floor.
- Alternate as shown.
- Arms and legs do not return to floor.

Special Instructions:

Maintain neutral spine without twisting or rotating hips. Move in smooth and controlled movements.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Four point arm extend



- Kneel on all fours.
- Lift arm up, keeping elbow straight.
- Return arm to start position.
- Lift other arm.
- Lower and repeat.

Special Instructions:

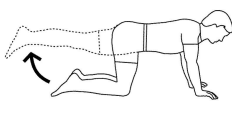
Maintain a neutral spine and do not allow low back to twist.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Four point leg extend



- Begin kneeling on all fours.
- Lift leg up and back.
- Lower leg.
- Lift opposite leg and lower.
- Repeat.

Special Instructions:

Maintain neutral spine and do not allow low back to twist.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Bird dog



- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 secs.
- Return to start position and repeat with left leg and right arm.

Special Instructions:

Maintain neutral spine, do not twist.

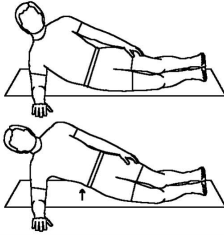
Progress by placing weights on ankles and wrists.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Sidebend push up



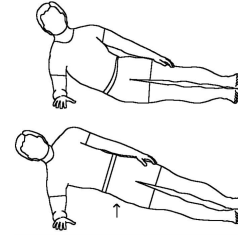
- Lie on floor on your side, forearm supporting upper body.
- Knees should be bent to 45 degrees.
- Place free hand on hip as shown.
- Keep knee and lower leg on floor and raise hip off floor.
- Lower and repeat.
- Repeat exercise on other side.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Sidelying bridge

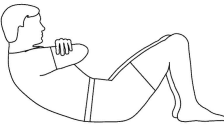


- Lie on floor on your side, forearm supporting upper body.
- Knees should be straight, ankles together.
- Place free hand on hip as shown.
- Raise hips and thighs off floor until trunk and back are straight.
- Lower and repeat.
- Repeat exercise on other side.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 15 Seconds.

Cross arm crunch



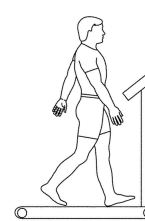
- Lie on back, knees bent, arms crossed over chest.
- Lift up head and continue to lift up shoulders off floor, toward knees.
- Keep low back in contact with floor.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Treadmill walking



- Stand on treadmill with feet off to the sides of belt.
- Turn treadmill on to a slow speed.
- Cautiously step onto belt and begin walking.
- Gradually increase the speed to a moderate intensity (can talk but cannot sing).

Perform 1 set of 30 Minutes, once every other day.