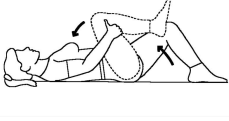
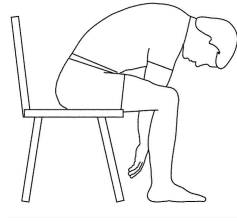
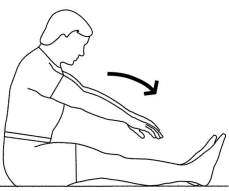


**Comment:**

You do not have to do all three exercises. Just pick the one that is most comfortable for you. While doing exercises your symptoms should centralize. See additional info.

<p><b>Single knee to chest hooklying</b></p>  <p>• Lie on back with knees bent. • Bring one knee to chest, then other knee to chest. • Pull both knees to chest. • Return to start position.</p> <p><b>Perform 1 set of 5 Repetitions, three times a day.</b></p> <p>Hold exercise for 20 Seconds.</p>	<p><b>Seated reach down</b></p>  <p>• Sit in chair, knees shoulder distance apart. • Place arms between legs and lean forward toward floor. • Return to start position. • Repeat.</p> <p><b>Perform 1 set of 5 Repetitions, three times a day.</b></p> <p>Hold exercise for 20 Seconds.</p>
<p><b>Longsit ham stretch</b></p>  <p>• Sit on firm surface with legs straight out in front. • Slowly bend forward at hips, reaching for toes.</p> <p><b>Special Instructions:</b> Do not allow knees to bend.</p> <p><b>Perform 1 set of 5 Repetitions, three times a day.</b></p> <p>Hold exercise for 20 Seconds.</p>	