



Single Leg Pumps

Lie flat on the floor or your bed with your knees bent. Bring your right knee toward your chest with both hands clasped around the knee. Slightly pump the knee several times. Do NOT bring the knee fully to the chest. This is not a stretch. Repeat with the other knee. Do 10 sets.



Double Leg Pumps

Lie flat on the floor or your bed with your knees bent. Bring both knees toward your chest holding your knees with your hands. Slightly pump the knee several times. Do NOT bring the knee fully to the chest. This is not a stretch. Repeat 10 times.



Bridges

Lie flat on the floor or your bed with your knees bent. Make sure your knees are shoulder width apart. Place each hand on its respective buttocks. Tighten the abdominal and gluteal muscles and bridge up off the floor or bed. Once at this point, raise up and down slightly several times



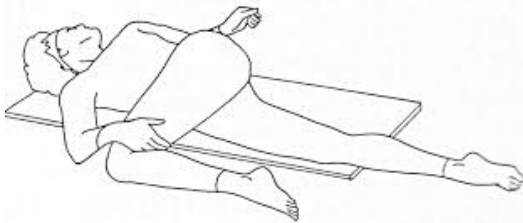
Abdominal Crunches

Lie flat on the floor or your bed with your knees bent, feet flat on the floor, hands at your sides and palms down. Tighten the muscles of your abdomen and buttocks to push your low back flat against the floor. Do this several times.



Sumo Squat

Sit to the edge of a chair. Spread your knees shoulder width apart. Place the back of your hands against the inside of the respective knee. Hold your chest and head up. Press out with your hands and in with your knees at the same time. Hold for 5 seconds and release. Do this every time you get out of a chair or from a seated position. This exercise should be done 40 times per day.



Stretch for Lower Back and Side of Hip

Lie flat on the floor or your bed. Bend one knee at 90° and, stretch that hand straight out to your side and with your opposite hand, pull that bent leg up and over your other leg as shown above. Turn your head to look toward the side of the arm that is straight (head should be resting on floor, not held up). Using the hand on your thigh (resting just above the knee) pull your bent leg down toward the floor until you feel a stretch in your lower back and the side of your hip. Keep your feet and ankles relaxed and make sure the back of the shoulders is flat on the floor. Hold for 30 seconds then repeat with the other leg.

Variation: Pull your knee to your chest, then think of pulling the knee across your body toward your opposite shoulder to create a stretch on the outside of your hip. Hold an easy stretch for 20 seconds. Do on both sides

ABOVE ALL – THESE SHOULD NOT HURT. IF YOU FEEL PAIN, PLEASE STOP.