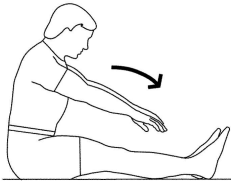


Longsit ham stretch



- 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.

Thoracic rotation stretch



- Lie on side with hips and knees bent at 90 degrees.
- Place arms out in front, palms together.
- Slowly lift top arm up and gently lower to floor.
- Try to get upper arm, forearm, and hand on floor.
- Keep knees on floor.
- Return arm back to start position.
- Repeat stretch on other side.

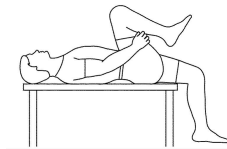
Special Instructions:

When raising arm back up, inhale first and exhale as arm is lifted.

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.

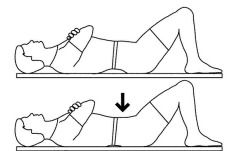
Special Instructions:

Do not allow leg on chest to fall outward.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Posterior pelvic tilt

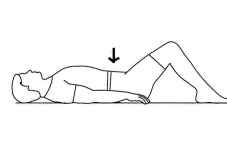


- Lie on back, knees bent.
- Tighten abdominal muscles and press low back down into floor.
- Relax and repeat.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 8 Seconds.

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.

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

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Dr. Levi G. Merritt

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Leg push pull

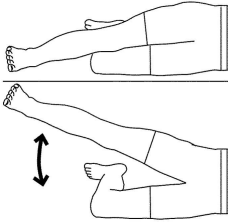


- Lie on back, both knees bent, feet off floor.
- Place left hand on top of left knee and grasp right knee with right hand.
- At the same time push left knee toward chest and try to push right knee away from chest, holding them so the knees do not move.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 8 Seconds.

Side leg raise



- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Special Instructions:

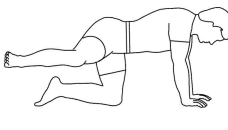
Do not roll trunk forward or backward.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Fire hydrant



- Begin on all fours.
- Raise leg backward and rotate outward.
- Hold for 2-3 seconds.
- Lower leg and repeat with other leg.

Special Instructions:

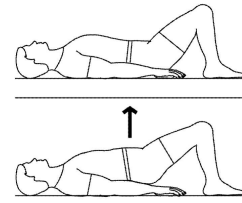
Maintain a level back, do not allow hips to twist.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Bridging



- Lie on back with knees bent.
- Lift buttocks off floor.
- Return to start position.

Special Instructions:

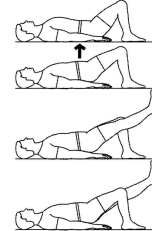
Maintain neutral spine.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Single leg alternating bridge



- Lie on back with knees bent.
- Lift buttocks off floor.
- Extend one leg and return leg to floor.
- Extend other leg and return leg to floor.
- Lower buttocks.
- Repeat.

Special Instructions:

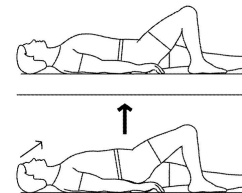
Maintain neutral spine.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Single leg bridge (DONTIGNY)



- Lie on back with one knee bent.
- 1. Lift buttocks off floor (squeeze your glute, relax your hamstring).
- 2. Relax your straight leg and pelvis (foot of relaxed leg will usually laterally rotate).
- 3. Tighten your abs.
- 4. Tuck your chin towards your chest, lift your head and hold.

Special Instructions:

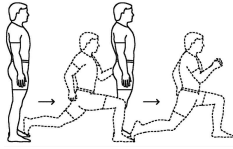
Maintain neutral spine.

Perform three sets with each leg.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 8 Seconds.

Forward lunge step



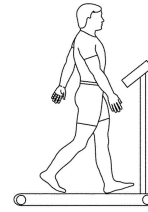
- Begin standing. Step forward with right leg into a deep lunge and squat.
- Step forward into standing.
- Step forward with left leg into deep lunge and squat.
- Step forward into standing.
- Repeat lunge and squat stepping.

Perform 2 sets of 10 Repetitions, once a day.

Rest 15 Seconds 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 comfortable pace.

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

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