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Instructions for personalized exercise routine:

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up should consist of light physical activity, for example walking in place, for approximately 10 minutes. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles.

Perform each stretch gently and slowly—avoiding any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture on the next pages move your body into the stretch position and hold each stretch for 30 seconds. Relax for 10 to 15 seconds between each stretch. Stretches should be done on both sides. Perform the exercises for 10 minutes in the morning and 10 minutes in the evening.

Call the office (718-625-4244) with any questions regarding the exercises.

If the stretches produce pain or discomfort, STOP performing exercises.

Stretch #E10

Sitting Foot-to-chest Buttocks Stretch, is for the muscles of the Buttocks

Sit with one leg straight and hold onto your other ankle. Pull it directly towards your chest.



Stretch #E11

Lying Cross-over Knee Pull-up Stretch, is for the muscles of the Buttocks

Lie on your back and cross one leg over the other. Bring your foot up to your opposite knee and with your opposite arm pull your raised knee up towards your opposite shoulder.



Stretch #E09

Sitting Knee-to-chest Buttocks Stretch, is for the muscles of the Buttocks

Sit with one leg straight and the other leg crossed over your knee. Pull the raised knee towards your opposite shoulder while keeping your back straight and your shoulders facing forward.



Stretch #G02

Standing Toe-down Hamstring Stretch, is for the muscles of the Hamstrings

Stand with one knee bent and the other leg straight out in front. Point your toes towards the ground and lean forward. Keep your back straight and rest your hands on your bent knee.



Stretch #D07

Standing Knee-to-chest Stretch, is for the muscles of the Lower Back

While standing, use your hands to bring one knee into your chest.



Stretch #D08

Lying Knee-to-chest Stretch, is for the muscles of the Lower Back

Lie on your back and keep one leg flat on the ground. Use your hands to bring your other knee into your chest.



Stretch #D09

Lying Double Knee-to-chest Stretch, is for the muscles of the Lower Back

Lie on your back and use your hands to bring both knees into your chest.



Stretch #E04

Standing Leg Resting Hip Stretch, is for the muscles of the Hips

Stand beside a chair or table for balance, bend one leg and place your other ankle on to your bent knee. Slowly lower yourself towards the ground.



Stretch #E06

Standing Rotational Hip Stretch, is for the muscles of the Hips

Stand beside a table and raise your lower leg out to the side and up onto the table. Then slowly lower your body.



Stretch #E13

Lying Leg Resting Buttocks Stretch, is for the muscles of the Hips

Lie on your back and slightly bend one leg. Raise your other foot up onto your bent leg and rest it on your thigh. Then reach forward, holding onto your knee and pull towards you.



Stretch #G13

Standing High-leg Bent Knee Hamstring Stretch, is for the muscles of the Hamstrings

Stand with one foot raised onto a table. Keep your leg bent and lean your chest into your bent knee.



Stretch #G08

Lying Bent Knee Hamstring Stretch, is for the muscles of the Hamstrings

Lie on your back and bend one leg. Pull the other knee towards your chest, then slowly and gently straighten your raised leg.

