

Notes: Stop any exercise if it increases your pain or symptom!

1- Stretching global flexion - Repetition:3 / Hold:30



Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.
Your back must be in neutral position (slightly arched) and your chin must be tucked in.
Sit backwards towards your heels by lowering your buttocks.
Maintain the stretch and return to the initial position.

2- Lumbar extension - Sets:3 / Hold:30



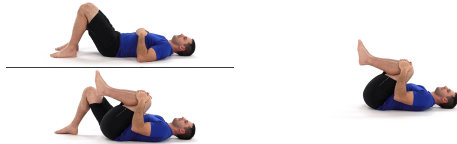
Lie on your stomach with your elbows on the floor and the chin tucked in or resting in your hands.
Relax both your back and buttock muscles and maintain the position.
Your hips must be touching the floor.

3- Lumbar rotation stretch - Repetition:3 / Hold:30



Lie on your back with your knees bent. Keeping your knees together, lower them to the ground as far as you can on one side and maintain the stretch. Return to the neutral position and repeat on the other side. Do not raise your shoulders off the bed when you lower your knees.

4- Lumbar stretch, flexion - Repetition:10 / Hold:10



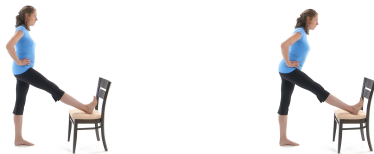
Lie on your back with your knees bent.
Lift one knee towards your chest and pull it as far as you can with your hands.
Lower your leg and repeat with the other leg.
Now lift both legs (one at a time) and pull them both towards your chest as far as you can to flatten your lower back.

5- Stretching piriformis - Repetition:3 / Hold:30



Lie on your back and have one leg bent.
Place the ankle of the opposite leg over the knee in a figure 4 position.
Using both hands, grab the ankle and the back of the knee.
Pull the knee towards your chest gently until you feel a gentle stretch at the buttock of the elevated leg.
Maintain the stretch for the recommended time.

6- Hamstring stretch - Repetition:3 / Hold:30



Stand with one foot on a stool in front of you.
Straighten your leg and stick your buttock out to arch your lower back.
Lean your body forward until you feel a stretch behind your thigh.
Maintain the stretch for the recommended time.

7- Levator scapulae stretch - Sets:3 / Hold:30



Place one hand behind your buttock to lower your shoulder.
Turn your head to the opposite side and look down.
Gently pull down on your head with the other hand and maintain the position when you feel a stretching sensation. Repeat.

8- Stretching side bending - Sets:3 / Hold:30



Lift one arm and bring it up and across your head.
Sit straight and place the palm of your hand on your head.
Use your hand to pull your head gently down towards your shoulder until a stretch is felt on the opposite side of the neck.
Maintain the position.
Do not turn your head or tilt it forward or backwards while you perform this stretch.

9- Stretching SCM - Sets:3 / Hold:30



Sit and place both hands over the collarbone on the affected side.
Pull it down towards floor gently with hands.
Raise your chin and lean your head sideways away from hands until a stretch is felt along the side of the neck.
Maintain the stretch.

10- Chin tuck - Sets:3 / Hold:10



Sit up straight in a chair and look directly ahead of you.
Tuck your chin in without tilting your head down.
Return your head to the original position.

Exercise 1 : Stretching global flexion		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Repetition:3									
	Hold:30									
Exercise 2 : Lumbar extension										
	Sets:3									
	Hold:30									
Exercise 3 : Lumbar rotation stretch										
	Repetition:3									
	Hold:30									
Exercise 4 : Lumbar stretch, flexion										
	Repetition:10									
	Hold:10									

Exercise 5 : Stretching piriformis		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Repetition:3									
	Hold:30									
Exercise 6 : Hamstring stretch		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Repetition:3									
	Hold:30									
Exercise 7 : Levator scapulae stretch		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:3									
	Hold:30									
Exercise 8 : Stretching side bending		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:3									
	Hold:30									

Exercise 9 : Stretching SCM		Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:3										
	Hold:30										
Exercise 10 : Chin tuck		Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:3										
	Hold:10										