

Your physical therapist recommends the following personalized exercise program for you. Please follow your therapist's instructions on how often to hold or repeat each exercise. If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.



A

□ One Knee to Chest

A. Lie on your back. You may place a pillow under your head for comfort. With both hands, pull your knee toward your chest. Tighten your stomach muscles and then slowly let your leg back down. Repeat with the other leg. **B.** You can use a towel behind your leg to help the stretch.

Hold for ____ seconds. Frequency _____



B

□ Both Knees to Chest

A. Lie on your back with your knees bent. With one hand on each knee, pull both knees toward your chest. Tighten your stomach muscles and then slowly let your legs down one leg at a time. **B.** You can use a towel behind your legs to help the stretch.

Hold for ____ seconds. Frequency _____



A



B

Additional Instructions:



□ Back Rounding

Start on your hands and knees. Your hands should be directly below your shoulders. Your knees should be directly below your hips. Round your back toward the ceiling. Let your head drop slightly, looking down at the floor.

Hold for _____ seconds. Frequency _____



□ Sitting on Heels

Start on your hands and knees. Your hands should be directly below your shoulders. Your knees should be directly below your hips. Move your hips back as far as you can with your arms outstretched. Let your head drop towards the floor.

Hold for _____ seconds. Frequency _____



Additional Instructions: