

The following is your personalized exercise program prescribed by your physical therapist. Please review the instructions and perform the exercises as prescribed (frequency, number of repetitions). When your knees move to the left, you are stretching the right side of your body, and when your knees move to the right, the left side of your body stretches. If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.



### 1. Right Rotation (knees bent)

Lie face up with your knees bent. You may place a pillow under your head for comfort. Keep your knees together and slowly move your knees to the left. You can go part way (A) or all of the way (B). Move as far as is comfortable.

Hold for \_\_\_\_\_ seconds. Frequency \_\_\_\_\_

### 2. Left Rotation (knees bent)

Lie face up with your knees bent. You may place a pillow under your head for comfort. Keep your knees together and slowly move your knees to the right. You can go part way (A) or all of the way (B). Move as far as is comfortable.

Hold for \_\_\_\_\_ seconds. Frequency \_\_\_\_\_



### 3. Right Rotation Stretch

Lie face up with your right knee bent. You may place a pillow under your head for comfort. Put your right arm out to the side with your palm down. Bring the right knee up to your chest and grab it with the left hand. Slowly bring the right knee across your body to the left side as far as it is comfortable. Keep your back relaxed.

Hold for \_\_\_\_\_ seconds. Frequency \_\_\_\_\_

### 4. Left Rotation Stretch

Lie on your back with your left knee bent. You may place a pillow under your head for comfort. Put your left arm out to the side with your palm down. Bring the left knee up to your chest and grab it with the right hand. Slowly bring the left knee across your body to the right side as far as it is comfortable. Keep your back relaxed.

Hold for \_\_\_\_\_ seconds. Frequency \_\_\_\_\_



### Additional Instructions:



Start



End

## □ 5. Right Rotation – on your side

Lie on your left side with a pillow under your head. Bring the right knee up to your chest and place your right arm out to the side. Gently push down on the knee with your left hand. Keep your back relaxed.

Hold for \_\_\_\_\_ seconds. Frequency \_\_\_\_\_

## □ 6. Left Rotation – on your side

Lie on your right side with a pillow under your head. Bring the left knee up to your chest and place your left arm out to the side. Gently push down on the knee with your right hand. Keep your back relaxed.

Hold for \_\_\_\_\_ seconds. Frequency \_\_\_\_\_



Start



End



Start



End

## □ 7. Right Rotation with Towel

Lie on your left side with one end of a towel or belt under your left hip and the other end draped over your right hip. Keep your right arm out to the side. Bring your right knee up to your chest and grab the towel with your left hand. Pull across. Keep your back relaxed.

Hold for \_\_\_\_\_ seconds. Frequency \_\_\_\_\_



Start



End

## □ 8. Left Rotation with Towel

Lie on your right side with one end of a towel or belt under your right hip and the other end draped over your left hip. Keep your left arm out to the side. Bring your left knee up to your chest and grab the towel with your right hand. Pull across. Keep your back relaxed.

Hold for \_\_\_\_\_ seconds. Frequency \_\_\_\_\_

## Additional Instructions: