

## SINGLE KNEE TO CHEST STRETCH - SKTC

A-While Lying on your back, hold your knee and gently pull it up towards your chest while keeping the other leg extended out. Move your leg for a count of 5. This should be uncomfortable but not painful.



B-Repeat this with a knee to opposite shoulder motion.

Perform at least 2x/day. Use more if it relieves symptoms

Repeat 5 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

## Crossed lumbar trunk rotation

Lying on your back with knees bent up, cross one leg over the other. Then slowly let your knees fall to the opposite side of the crossed leg until a gentle stretch is felt. Slowly return to the start position.



Repeat 5 Times  
Hold 5 Seconds  
Perform 2 Time(s) a Day

## LOW BACK SUPINE POSITIONING WITH CHAIR

Lie on your back and place your legs on a chair as shown. This helps to reduce the pressure through the low back and may offer a position of relief.



If this relieves symptoms then rest in this position until symptoms lessen. Return to this as needed throughout the day.



### Seated Forward Fold Stretch

Sit at edge of chair. Have legs wide. Fold forward between legs, let head hang loose. Bring hands to floor and if you can, reach back underneath chair with palms down.

If this reduces symptoms then use throughout the day as needed. Hold the position until symptoms decrease.



### CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

If this position relieves symptoms, hold as long as necessary for symptoms to reduce. Use throughout the day as needed to control symptoms.

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