INSTRUCTIONS:

• Lie on your back at the edge of a wall or doorway

• The unininvolved leg is straight, through the hall or doorway

• The involved leg is bent with the foot on the wall

• Slide your leg up the wall until you feel a nice, easy stretch (may get a few tingles which is OK)

• Do not hold the stretch

• Return the leg down the wall

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

- Lie on your back
- Grab both knees and bring them to your chest
- Hold the stretch for _____ seconds
- Repeat _____ times
- Repeat _____ sets
- Repeat _____ times per day
INSTRUCTIONS:

- Place a towel behind your back

- The arm you aim to exercise should be holding the towel next to your head and the other arm reaching behind the back grabbing the other end of the towel

- Extend your top arm all the way out to the top pulling the towel upwards

- Once you reach the end, flex the elbow down and pull with the bottom arm

- Do not hold the stretch. Moving up and down is the key. You may get a nice stretch, ache or even a few pins and needles or tingles, which is expected

- Repeat _____ times

- Repeat _____ sets

- Repeat _____ times per day
INSTRUCTIONS:

- Lie on your back
- Slightly bend both legs and keep your knees together
- Rotate your legs to the left as far as is comfortable then rotate to the right
- There is no need to hold, gently oscillate between the two sides to loosen up your back
- It is not uncommon to feel more of a stretch on one side
- Keep breathing normally
- Repeat _____ times
- Repeat _____ sets
- Repeat _____ times per day
INSTRUCTIONS:

• Lie on your back with knees bent and feet flat on the floor

• Put one ankle onto the opposite knee

• Grab through the legs and pull the bent-knee leg up towards your chest, this will cause a stretch in the rotated hip

• If needed, use a looped towel to pull the leg up

• Keep breathing normally

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

• Lie on your back with legs extended

• Grab your right knee and pull it towards your chest

• Hold the stretch for _____ seconds

• Repeat the same stretch with the left knee

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

• Stand on a step or foot stool with the uninvolved leg

• Hold on to something secure to keep your balance

• With the involved leg dangling freely, swing the leg gently forward and back

• Watch your lower back and keep it straight

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
INSTRUCTIONS:

• Lie on your back with both legs extended

• Grab behind one knee, pulling it slightly to your chest (use a towel if needed)

• Straighten the leg as far as you can until you get a nice, easy stretch

• Do not hold

• Bring the leg down

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day