



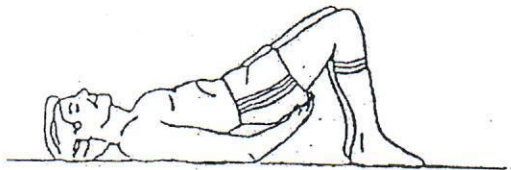
Single Leg Pumps

Lie flat on the floor or your bed with your knees bent. Bring your right knee toward your chest with both hands clasped around the knee. Slightly pump the knee several times. Do not bring the knee fully to the chest. This is not a stretch. Repeat this procedure with the other knee.



Double Leg Pumps

Lie flat on the floor or your bed with your knees bent. Bring both knees toward your chest holding your knees with your hands. Slightly pump your knees several times. Do not bring the knees fully to the chest. This is not a stretch.



Bridges

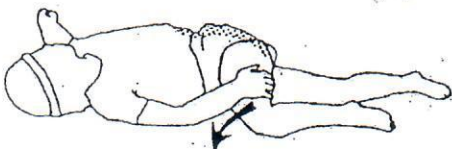
Lie on the floor or your bed with both knees bent. Make sure that your knees shoulder width apart. Place each hand on its respective buttocks. Tighten the abdominal and gluteal muscles and bridge up off of the floor or bed. Once at this point raise up and down slightly several times.



Abdominal Crunches

Lie flat on your back with your knees bent, feet flat on the floor, hands at your sides, and palms down. Tighten the muscles of your abdomen and buttocks so as to push your low back flat against the floor. Do this several times.

A Stretch for the Lower Back and Side of Hip



Bend one knee at 90° and, with your opposite hand, pull that bent leg up and over your other leg as shown above. Turn your head to look toward the hand of the arm that is straight (head should be resting on floor, not held up). Now, using the hand on your thigh (resting just above knee) pull your bent leg down toward the floor until you get the right stretch feeling in your lower back and side of hip. Keep feet and ankles relaxed. Make sure the back of your shoulders are flat on the floor. If not, the angle changes between the shoulders and the hips and it is more difficult to create a proper stretch. Hold an easy stretch for 30 seconds, each side.



Sumo Squat

Sit to the edge of a chair. Spread your knees shoulders width apart. Place the back of your hands against the inside of each respective knee. Hold your chest and head up. Press out with your hands and in with your knees at the same time. Hold for five seconds and release. Do this every time you get up out of a chair or from a seated position. This exercise should be done 40 times a day.



Variation: Pull your knee to your chest, then think of pulling the knee across your body toward your opposite shoulder to create a stretch on the outside of your right hip. Hold an easy stretch for 20 seconds. Do both sides.