

{The Lumbar Spine}



1. Bridge

Begin on your back with your knees bent and feet on the floor. Slowly raise your pelvis so that there is a straight diagonal line from your knees to your shoulders. Engage your core and hold for 30 seconds. Slowly lower your pelvis to the floor. Repeat 10 times.



2. Superman

Begin on your stomach with your arms outstretched. Slowly lift your arms and legs simultaneously, while trying to achieve both length and height of your extremities. Hold for 30 seconds, then lower your arms and legs to the floor. Repeat 10 times.



3. Cat-Cow

Begin on your hands and knees with your wrists directly under your shoulders and your knees directly under your hips. Inhale as you lower your belly towards the floor, lifting your chest towards the ceiling (Cow). Then pull your belly towards your spine and round out your back towards the ceiling. Let your head hang towards the floor as you arch your back (Cat). Slowly transition from Cow to Cat and back to Cow, alternating 20 times.



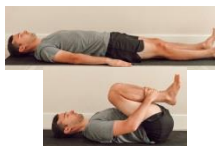
4. Four-Point Stretch

Begin on your hands and knees with your wrists directly under your shoulders and your knees directly under your hips. Slowly outstretch the right arm and left leg simultaneously. Hold for 10 seconds. Bring the arm and leg back to the starting position on all fours. Slowly outstretch the left arm and right leg simultaneously. Hold for 10 seconds. Return to starting position and alternate 20 times.



5. Clamshells

Begin on your right side on the floor. Rest your head on your hand. Stack your hips directly on top of each other and bend your knees. Raise both feet off the floor. Raise your left knee away from your right knee while keeping your feet together. Hold for 10 seconds. Repeat 20 times, and then switch sides.



6. Double Knee to Chest

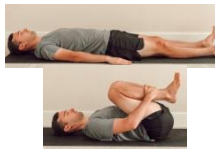
Begin on your back with your legs stretched straight out. Slowly lift both knees to the chest. Hug your knees to the chest by placing both hands on the shins. Hold for 30 seconds and release your legs. Repeat 5 times.

{The Sacroiliac Joint}



1. Single Knee to Chest

Begin on your back with your legs stretched straight out. Slowly lift the right knee to the chest. Hug your right knee to the chest by placing the hands on the right shin. Hold for 10 seconds, release your right leg, and switch sides. Alternate 10 times.



2. Double Knee to Chest

Begin on your back with your legs stretched straight out. Slowly lift both knees to the chest. Hug your knees to the chest by placing both hands on the shins. Hold for 30 seconds and release your legs. Repeat 5 times.



3. Wall Hamstring Stretch

Begin by sitting and facing a wall. Bend your right knee and tuck your right heel towards your left buttock, with the right lateral thigh and calf touching the ground. Stretch your left leg up straight so that it touches the wall. Hold for 10 seconds, then switch legs. Alternate 10 times.



4. Standing Quadriceps Stretch

Begin by standing and placing your right hand on a wall. Pick up your left foot and hold it with your left hand. Become aware of your posture and engage your core. Push the hips forward slightly and press the knees together. Hold for 30 seconds, then switch legs.



5. Child's Pose

Begin on your hands and knees with your knees spread out wide and the toes brought together to touch. Slowly shift your buttock back toward your heels. Walk your hands forward until your arms are straight and lower your forehead to the ground. Hold for 60 seconds.



6. Gentle Supine Twists

Begin on your back with your knees bent and feet on the floor. Lift your feet so that your shins are parallel with the floor, in tabletop position. Slowly lower your knees to the right side until they are stacked and rest on the floor. Hold for 30 seconds, return to tabletop position, then switch sides.