### Hamstring Stretch with a Strap - Supine

1. Lie on your back, and place a belt or dog leash around the ball of your foot. Bend the knee of the leg you are not stretching to help relax your back.

2. Keeping your knee straight, pull your leg up with the strap until you feel a stretch behind your knee/leg.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=oDzhSppZSU0

### Lower Back Stretch Lying Down

1. Lie down on the floor or bed, and put one leg straight out.

2. On the side you want to stretch, bend that knee up to about a 90 degree angle, and then with your opposite hand, pull your knee across your body until you feel a stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=_fcB7nalvds

### Hip Flexor Stretch Lunge Position

1. Start in tall kneeling with both knees on the ground. Use a pillow under your knee for protection if you would like. Keep the knee of the side you want to stretch on the floor. Bring the other leg forward putting your foot on the floor in a lunge position.

2. Keeping your back straight and upright, tuck in your tailbone and lean forward until you feel a stretch. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=3gwJslxvnd0
Seated Piriformis Figure 4 Stretch

1. Cross the leg of the side you want to stretch so your ankle is just above the knee.
2. Keep your back straight, and lean forward until you feel a stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=ZvpinpMH7_0

Cat Dog Stretch

1. Get on all fours in the quadruped position. Arch your back like a cat and tuck your chin in to your chest at the same time.
2. Then drop your back down into a sagging position and pick your head up looking straight ahead.

Reps: 5-10 | Sets: 2-3 | Hold Time: 3-5 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=WyvnkwfJcto

Prayer Stretch / Childs Pose

1. Get on all fours and sit back onto your feet with your toenails on the floor or bed.
2. Bend down towards the floor or bed and stretch your arms out in front of you as far as you can. Hold the stretch, and then come back up.

Reps: 2-3 | Sets: 1-2 | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=_jBHAaIiMxA

Prayer Stretch / Childs Pose Side to Side

1. Start off sitting on your feet with your toenails on the floor or bed.
2. Bend down towards the floor or bed and stretch your arms out at an angle to one side as far as you can. Hold the stretch, and then come back up and repeat on the other side.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=iA3Mg9RzMC8
Piriformis Figure 4 Stretch

1. Lie on your back with your knees propped up. Cross the leg you want to stretch over the other with the ankle at the top of the knee in a figure 4. Grab underneath the thigh of the leg still on the floor or bed.
2. Pull your leg up toward your chest until you feel a stretch in your buttocks area. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=pVY9yuQIMiY

Double Knee to Chest with Chin Tuck

1. Lie down on your back. Bring both knees up to your chest.
2. Tuck in your chin.

Reps: 2-3 | Sets: 1-2 | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=7Hah619dnSU

Supine Pelvic Tilt

1. Lie down on your back with your knees propped up.
2. Flatten your back by rotating your pelvis back. Imagine someone has their hand under you, and you are trying to push down on it with your back.

Reps: 10-15 | Sets: 2-3 | Hold Time: 3-5 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=4Ve37m_4z8Q

Dead Bug with Feet Up

1. Lie down on your back with your knees propped up. Go into and hold a pelvic tilt. Bring your knees up so your hips are at about a 90-degree angle.
2. Kick one leg out, and at the same time, bring the opposite arm up and back. Alternate sides.

Reps: 10-15 | Sets: 2-3 | Hold Time: 1 - 2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=S_nzZ734WAE
Quadruped Opposite Arm Leg Extension

1. Get on all fours in quadruped. Keep your back straight and your hips in a neutral position.

2. Lift one arm straight out in front of you while kicking your opposite leg straight out behind you. Slowly come back down. Then repeat with the other side.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=B1LH2_6A-n4

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.