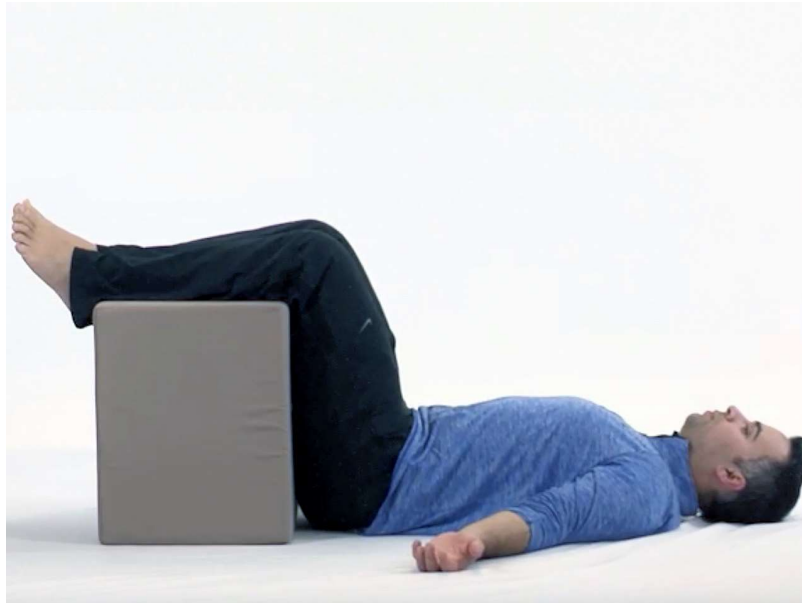


1

Static Back



Hold this eCise for 05 min.

Instructions:

1. Lie on your back with your legs up over a block or chair so your hips and knees are at 90 degrees.
2. Place your arms out to the sides at 45 degrees from your body with palms up.
3. Relax your upper back and notice if your low back flattens to the floor evenly from left to right.
4. Hold this position as directed on your menu.

Fun Facts:

- Doesn't this feel good? Lying on your back and elevating your legs to a 90 degrees allows gravity to do it's job of removing rotation and/or asymmetry in your body. If you feel like one shoulder or one side of your pelvis is pushing into the ground more than the other, this is asymmetry showing up!



Free Your Pain

1

Static Back

2

Supine Foot Circles & Point/Flexes



Repeat this eCise 40 times

Instructions:

1. Lie on your back with one leg extended and the other leg bent and pulled up toward your chest
2. Clasp your hands behind the bent knee
3. Keep the foot on the floor pointed straight up toward the ceiling and your thigh muscles relaxed
4. Circle the lifted foot one way for the indicated number or repetitions, then reverse direction for the same number of reps
 - Make sure the knee stays absolutely still with movement coming from the ankle and not the knee
5. For the point/flexes, bring the toes back toward the shin to flex, then reverse the direction to point the foot forward for the indicated number of reps
6. Switch legs and repeat

Notes:

- Make sure your down leg's foot is pointing to the ceiling.

Fun Facts:

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Free Your Pain

2

Supine Foot Circles & Point/Flexes

This exercise promotes proper function of the lower leg muscles and encourages stabilization of the hip joint on the same leg.

3

Static Back Knee Pillow Squeezes



Do 3 sets. Each set consisting of 20 repetitions.

Instructions:

1. Lie on your back with your legs up over a block or chair
2. Place a pillow between your knees
3. Place your arms out to the sides at 45 degrees from your body with palms up
4. Relax your upper back
5. Squeeze your knees into the pillow then release
 - Try not to contract your stomach/abdominal muscles while squeezing
6. Repeat as directed on your menu

Fun Facts:

This exercise stabilizes the pelvis bilaterally. This Static Back position creates horizontal load between shoulder and pelvis, which contributes to thoracic extension by engaging the stabilizers and flexors of the hip. This position helps prevent compensation from occurring while performing other



Free Your Pain

3

Static Back Knee Pillow Squeezes

types of muscular work.

4

Supine Femur Rotations



Do 3 sets. Each set consisting of 20 repetitions.

Instructions:

1. Lie on your back with your knees bent, arms out to sides at 45 degrees with palms facing up
2. Straighten one leg out while keeping the other leg bent
3. On the straight leg, tighten your thigh and pull your toes back and HOLD
4. Rotate your leg and foot in and out with the hip muscles initiating the movement
 - DO NOT rotate just the foot - the entire leg should be moving in and out while keeping the thigh tight and toes pulled back
 - Be sure to relax your upper body
5. Switch legs and repeat as directed on your menu

Fun Facts:

- Femur rotation is required in order to walk efficiently.

5

Hooklying Reverse Presses w/ Pillow



Do 3 sets. Each set consisting of 10 repetitions.

Instructions:

1. Lie on your back with your knees bent and your feet flat on the floor pointed straight ahead
2. Place a pillow between your knees and maintain constant inward pressure on the pillow throughout the e-cise
3. Place your elbows straight out from your shoulders with your hands up toward the ceiling
 - There should be a 90 degree bend in your elbows, and your hands should be in relaxed fists
4. Squeeze/slide your shoulder blades together and downward, then release
5. Repeat as directed on your menu

Notes:

- Keep your abdominal muscles relaxed

Fun Facts:

This e-cise promotes scapular retraction with hip stabilization.

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6

Hip Crossover Stretch - Palms Down



Hold this eCise for 01 min.

Instructions:

1. Lie on your back with both knees bent and your feet flat on the floor pointed straight ahead.
2. Place your arms out to the side at shoulder level, with your palms flat on the floor.
3. Cross your right ankle over your left knee and rotate the ankle/knee junction down toward the floor.
 - Your right foot should now be flat on the floor, along with the outside of your left leg.
4. Look in the opposite direction and relax your neck and shoulders.
5. Press the right knee away from your body using the right hip muscles.
6. Hold as directed on your menu, then switch sides and repeat.

Fun Facts:

This e-cise promotes hip and spinal rotation with scapular engagement.

7

Pelvic Tilts



Repeat this eCise 10 times

Instructions:

1. Lie on your back with your knees bent
 - Make sure your hips, knees and feet are aligned
 - Your arms should be out to the side, palms up
2. Roll your hips backward to flatten your lower back to the floor
3. Then roll your hips forward to arch your low back
4. Repeat as directed on your menu

Notes:

- Remember to relax your upper back

Fun Facts:

- This movement pattern is required in daily activities, such as bending over, sitting down, and standing up.

8

Frog



Hold this eCise for 02 min.

Instructions:

1. Lie on your back with your arms at your side, palms up, and hands relaxed
 - If directed to do so by your menu, place a towel under your lower back
2. Place the soles of your feet together
3. Center your feet along the mid-line of your body and let your knees relax down to the sides
4. Relax
 - Do not press your knees/ legs to the ground. Just let gravity pull them down
 - You should feel a stretch along the inner thigh
5. Hold the position as directed on your menu

Notes:

- The lower back position may change during the e-cise due to the changing hip position, this is perfectly alright

Fun Facts:

29/02/16 21:17



Free Your Pain

8

Frog

- This is a great E-cise to see if your hips are moving differently! If you look down at your knees during this E-cise and one knee is sitting higher than the other, this is an indicator that your hips are not functioning the same.

9

Supine Groin Stretch



Hold this eCise for 15 min.

Instructions:

1. Lie on your back in the supine groin position with one leg straight out on the floor and the other leg on a block or a chair with the knee bent at 90 degrees
2. The down leg is either in the tower(bottom level) or propped up on the outside. Be sure the the prop is heavy enough to hold the foot from falling outward.
3. Your arms are out to your sides with palms facing up, upper body relaxed
4. To perform the thigh test tighten the thigh of the straight leg for a few seconds. Relax for a second and tighten the thigh again for a few seconds. Notice where the tightest part of the contraction is (probably just above the knee).
5. Retest every 5 minutes until the contraction moves up your thigh, above half way.
6. Relax then repeat on other leg

9

Supine Groin Stretch

Fun Facts:

- Sitting for extended periods throughout the day causes a number of negative side effects to our posture, including loss of our designed spinal curves and short and tight groin muscles. This E-cise helps to reverse the negative effects caused from sitting all day.

10

Airbench



Hold this eCise for 02 min.

Instructions:

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight.
2. Walk your feet away from the wall while sliding your body down at the same time.
 - You will be "seated" in an invisible chair, with your knees bent to 105 degrees.
 - Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees.
 - Your lower back should be completely flat against the wall.
 - Your arms can hang down to your sides, or rest your hands gently on your lap.
3. Hold as directed on your menu
 - Keep the weight in your heels, do not press forward on your toes
4. DO NOT DO THIS E-CISE IN SOCKS!
5. DO THIS EXERCISE IN ATHLETIC SHOES OR ON A YOGA MAT!

10

Airbench

Fun Facts:

- A key component in walking is Quad strength. In this E-cise we are increasing the strength of this muscle group.