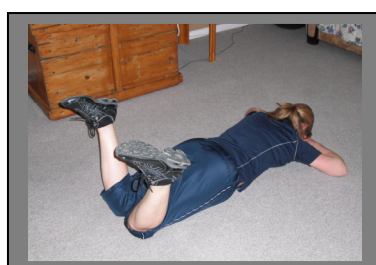
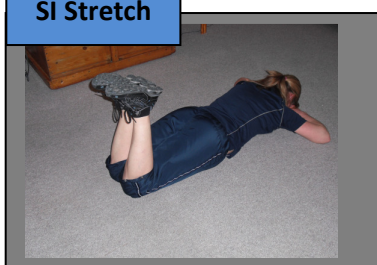


## Tummy twisting



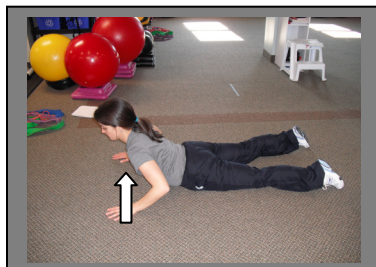
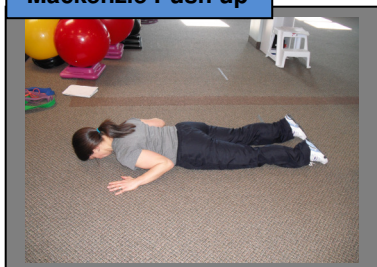
- Lie on stomach on ground.
- Knees bent at 90 degrees, knees, ankles and feet stay together.
- Let lower legs roll side to side at waist.
- 10 times/side

## SI Stretch



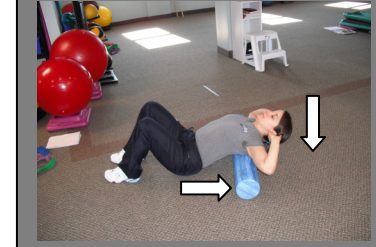
- Lie on stomach.
- Knees bent and feet up.
- Let feet fall out to the side keeping knees together hold for 10 seconds. Repeat 3-5 times.

## Mackenzie Push up



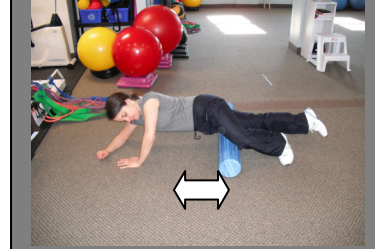
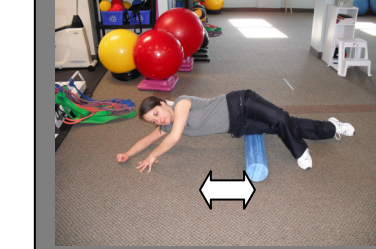
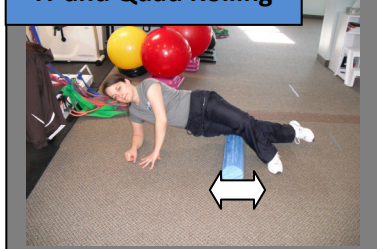
- Lie on your stomach on the floor.
- Inhale and press body up, like doing a push up.
- Pelvis stays on ground.
- Do not squeeze gluts.
- Relax Spinal Muscles.
- Hold position until you need to breathe.
- Inhale and lower (repeat 10 times)

## Thoracic Back Mobilizations



- Mid back on foam roller.
- Move up the foam roller and extend back and flex forward. Repeat 3 times up the roller and then 3 times down the roller.

## IT and Quad Rolling



- Outside of leg on roller.
- Cross top leg over to control pressure on IT band. (Roll 10-20 times)
- Roll from below hip to knee. Stop if to painful.

- Being well warmed up (walking for 7-10 minutes/hot tub/heating pad/massage /ART will assist in releasing myofascial adhesions (reason for pain) and allow you to move forward with stretching.

- Quad rolling on foam roller.
- Same as IT rolling except you turn 10 degrees forward on the foam roller and move up and down on the front lateral side of the quad. (roll 10-20 times) if painful stop.