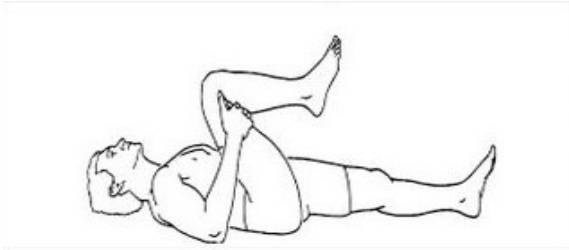


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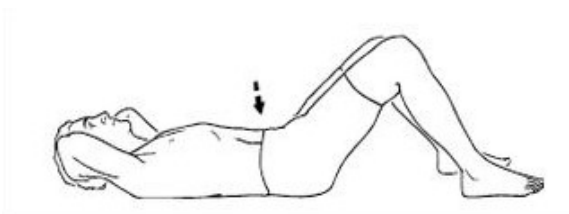
Single Knee to Chest



With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5-10 seconds on each leg.

Repeat 10 times per set. Do 1-2 sets per session. Do 1-2 sessions per day.

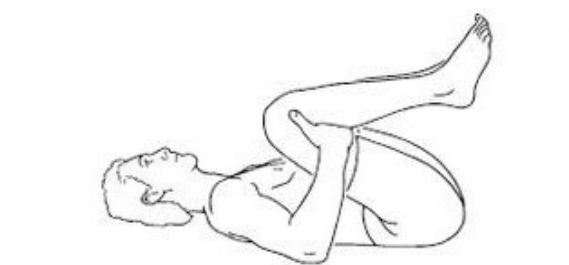
Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks. Hold 3-5 seconds.

Repeat 10 times per set. Do 2 sets per session. Do 2 sessions per day.

Double Knee to Chest



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5-10 seconds.

Repeat 10 times per set. Do 1-2 sets per session. Do 1-2 sessions per day.

Leg Extension



Comfortably lie down on your stomach. Keep your knees and legs straight, slowly lift your leg with your bottom muscles. Hold this position for 2 seconds.

10 reps each leg/2 sets/1-2x per day.