
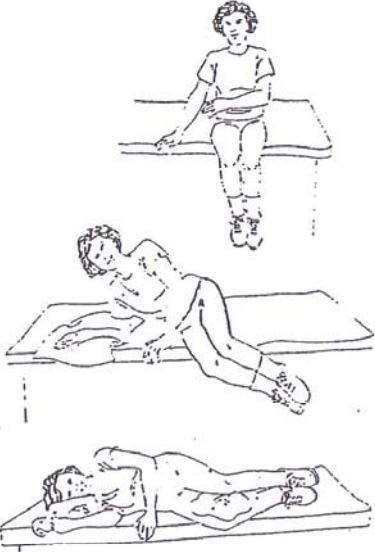
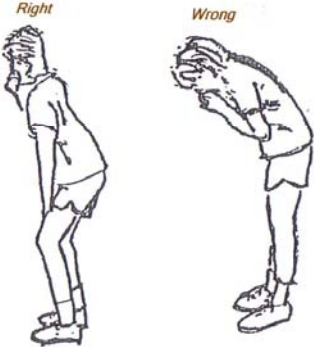

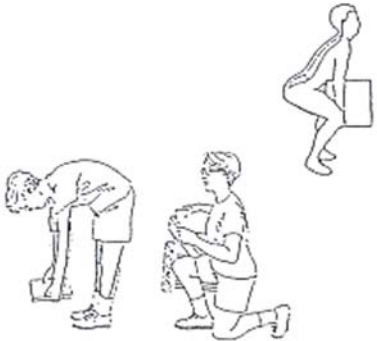
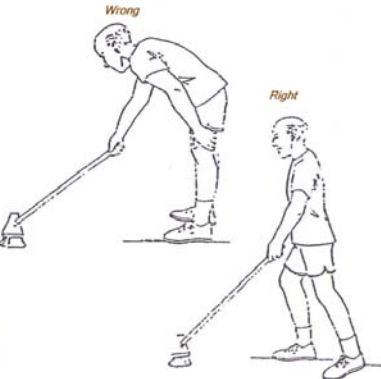
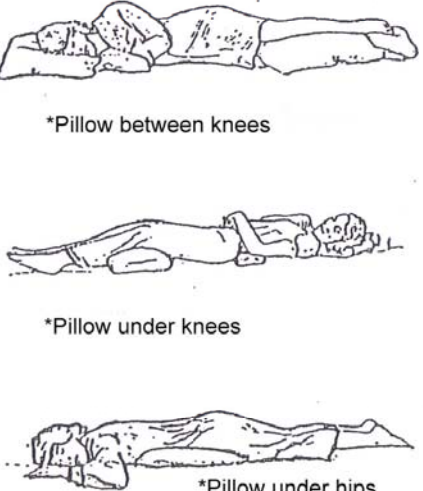
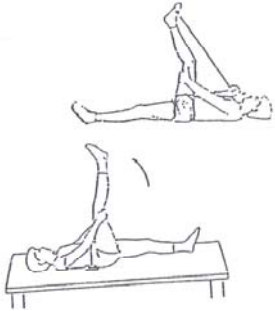


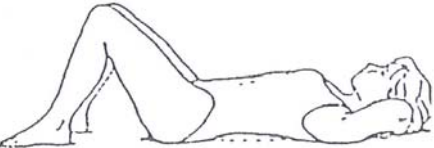

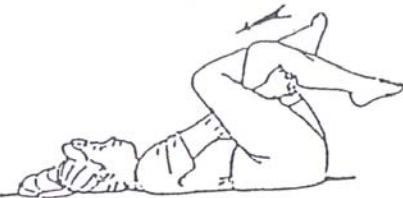
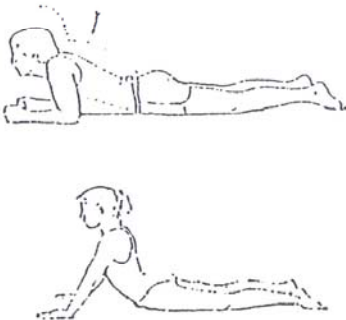



Back Safety Stretching

| Ice | Standing | In / Out of Bed | Cough / Sneeze |
|--|---|--|--|
| <ul style="list-style-type: none"> Ice 20 minutes every two to four hours when acute. Ice for pain relief or after exercise when subacute or chronic. Heat or whirlpool can be used for muscle spasm, or when there is no inflammation present. | <ul style="list-style-type: none"> Bear weight equally on both legs. Do not lock knees. Try standing with pelvic tilt to relieve pain. <p>Activity Alternate frequently between rest, gentle stretching and walking.</p>  |  |  <p>For back protection, brace yourself before a cough or sneeze.</p> |
| Sitting | Bending and Lifting | Yard / Housework | Sleeping |
|  | <p>Do not bend at back; instead bend at hips and knees. Knees should not extend beyond toes.</p>  |  |  <p>*Pillow between knees</p> <p>*Pillow under knees</p> <p>*Pillow under hips</p> |

| Hamstring | Single Knee to Chest | Double Knee to Chest | Pelvic Tilt |
|--|---|---|---|
|  <p data-bbox="128 548 569 708">Hold thigh perpendicular at floor, straighten foot up until a stretch is felt behind thigh. Hold ____ seconds. Repeat ____ times.</p> |  <p data-bbox="611 548 999 708">Pull one knee to chest until a comfortable stretch is felt in the lower back and buttocks. Hold ____ seconds. Repeat ____ times each side.</p> |  <p data-bbox="1087 548 1472 708">Pull both knees to chest until a comfortable stretch is felt in lower back and buttocks. Hold ____ seconds. Repeat ____ times.</p> |  <p data-bbox="1535 548 1871 708">Flatten back by tightening stomach muscles and buttocks. Hold ____ seconds. Repeat ____ times.</p> |

| Piriformis Stretch | Hip Stretch | Prone Extension | Mad Cats |
|--|--|---|--|
|  <p data-bbox="149 1166 520 1360">Pull knee towards opposite shoulder and toward floor while keeping back flat. Feel stretch in hip. Hold ____ seconds. Repeat ____ times.</p> |  <p data-bbox="625 1179 978 1373">Cross ankle over knee in figure four position. Gently pull opposite thigh towards chest. Feel stretch in hip. Hold ____ seconds. Repeat ____ times.</p> |  <p data-bbox="1083 1190 1434 1417">Rise up on elbows keeping hips on floor. Hold ____ minutes. Press upper body up, arching at back. Repeat ____ times.</p> |  <p data-bbox="1514 1190 1955 1385">Relax your spine and allow your back to sag, then tuck buttocks under and arch back up bringing head towards chest. Combine into one smooth movement. Repeat ____ times.</p> |