
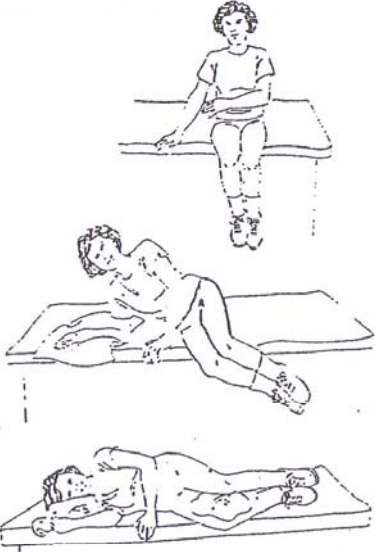
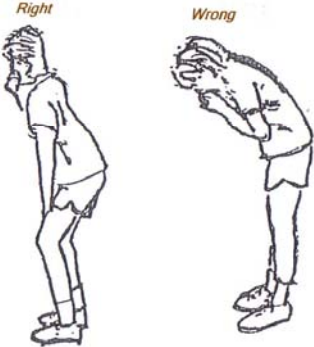

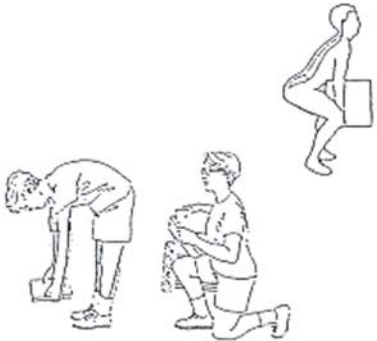
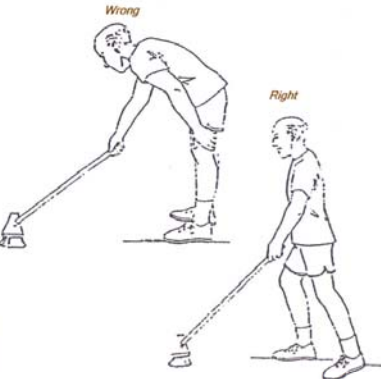
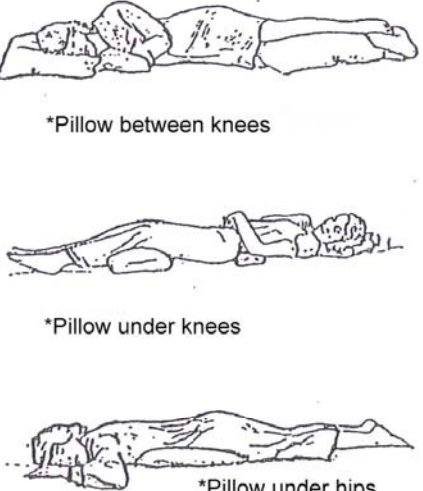
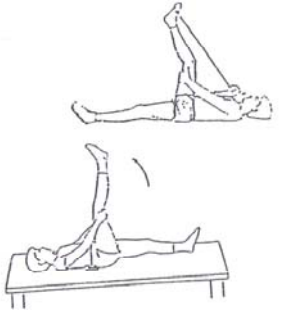


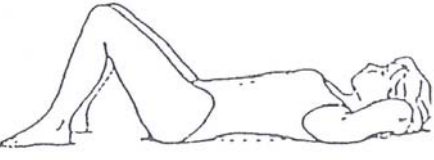

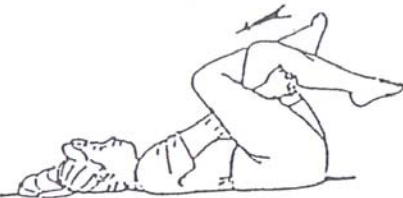
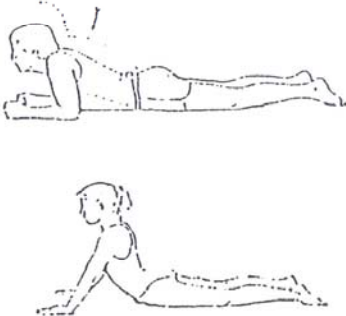



# Back Safety Stretching

Ice	Standing	In / Out of Bed	Cough / Sneeze
<ul style="list-style-type: none"> <li>• Ice 20 minutes every two to four hours when acute.</li> <li>• Ice for pain relief or after exercise when subacute or chronic.</li> <li>• Heat or whirlpool can be used for muscle spasm, or when there is no inflammation present.</li> </ul>	<ul style="list-style-type: none"> <li>• Bear weight equally on both legs.</li> <li>• Do not lock knees.</li> <li>• Try standing with pelvic tilt to relieve pain.</li> </ul> <p><b>Activity</b>            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="617 548 999 708">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 1465 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 1182 978 1377">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>