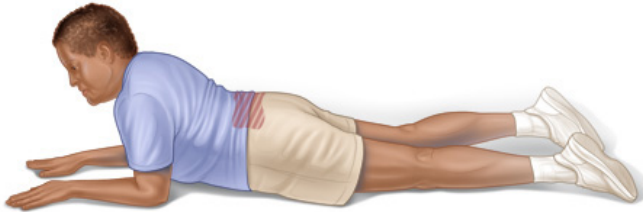


- Lie on your stomach, supporting your body with your forearms.
 - Press your elbows down into the floor to raise your upper back. As you do this, relax your stomach muscles and allow your back to arch without using your back muscles. As your press up, do not let your hips or pelvis come off the floor.
 - Hold for 15 to 30 seconds, then relax.
- Repeat 2 to 4 times.



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The heel dig bridging exercise works your hamstrings and the muscles around your lower body and hips. Do 8 to 12 repetitions. Do not continue with this exercise if it causes pain.

- Lie on your back with both knees bent and your ankles bent so that only your heels are digging into the floor. At this point, your knees should be bent about 90 degrees.
- Tighten your belly muscles by pulling in your belly button toward your spine. Then push your heels into the floor, squeeze your buttocks, and lift your hips off the floor until your shoulders, hips, and knees are all in a straight line.
- Hold about 6 seconds as you continue to breathe normally, and then slowly lower your hips back down to the floor and rest for up to 10 seconds.



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- Kneel on the floor with one knee bent and one leg behind you. Position your forward knee over your foot. Keep your other knee touching the floor.
- Slowly push your hips forward until you feel the stretch in the upper thigh of your rear leg.
- Hold the stretch for at least 15 to 30 seconds. Repeat with your other leg. Do 2 to 4 times on each side.



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- Stand with your feet hip-width apart, toes pointing forward. Do not lock your knees.
 - Place your hands on your back, palms at your waist.
 - Lengthen up through your spine, all the way through the crown of your head.
 - Keeping your legs straight, bend backward over your hands without arching your neck.
 - Hold the pose for 1 to 2 seconds.
- Return to standing. Repeat 3 to 10 time



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Do this exercise slowly. Try to keep your body straight at all times, and don't let one hip drop lower than the other.

- Start on the floor, on your hands and knees.

- Tighten your stomach muscles.
 - Raise one leg off the floor and hold it straight out behind you. Be careful not to let your hip drop down, because that will twist your trunk.
 - Hold for about 6 seconds, then lower your leg and switch to the other leg.
 - Repeat 8 to 12 times on each leg.
 - Over time, work up to holding for 10 to 30 seconds each time.
- If you feel stable and secure with your leg raised, try raising the opposite arm straight out in front of you at the same time.



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