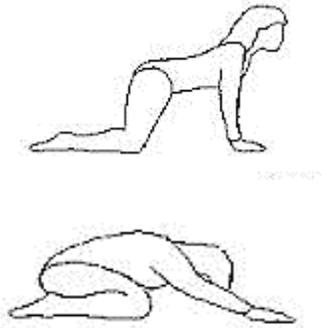


### Prayer Stretch



- Kneel down on your hands and knees on the bed or floor
- Keep your stomach in, chin tucked, and head & neck aligned and looking straight ahead
- Inhale
- Drop your buttocks onto your heels while you are gently leaning your body backward and keeping your hands on the floor outstretched in front of you
- Exhale as you stretch
- Hold for 30 seconds to 2 minutes, breathing evenly as you hold
- Slowly return to the starting position on the bed or floor
- Perform this stretch when awakening in the morning and before going to bed at night
- This can also be performed throughout the day as needed
- This is a nice way to perform home Strain Counterstrain to your hips
- Perform 2-3 times daily as needed

### Cobra Stretch



- Lie on your stomach with your forehead resting on the floor (You may use a towel roll under your forehead if needed)
- Place a large pillow under your stomach
- Keep your hands flat on the floor at shoulder level
- Inhale
- Keep your chin in and head, neck, and back aligned
- Push up with extended arms until your chest is off the floor (your hips should remain in contact with the floor)
- Exhale as you push up
- Hold the stretch for 5-30 seconds, breathing evenly as you hold for 3-5 repetitions
- Slowly return to the starting position
- If this is too strenuous or difficult to perform, prop yourself up on your elbows or pillows and rest in this position for 5-30 seconds or up to 3-5 minutes as tolerated
- Perform 2-3 times daily as needed