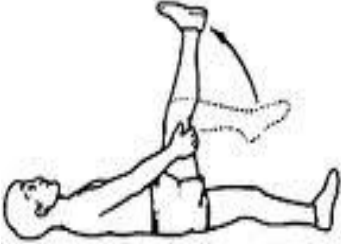


Lower Extremity-Hamstring and nerve gliding

Lying on back



- Note: opposite leg can be bent or straight but the lower back needs to be flat against the floor
- Lying on back and supporting thigh behind knee using a towel if necessary, slowly straighten the knee until a stretch is felt in the back of the thigh
- Pull toes towards your nose and inhale 5-counts
- Point toes toward the ceiling and exhale 5-counts
- Repeat 10 times on each leg, more if needed

Sitting

- Sitting in good posture with thigh supported on chair
- Straighten one knee and bring toes towards your nose, inhale 5-counts
- Point toes with knee in same position and exhale 5-counts

You can do this on and off throughout the day as tolerated. Avoid hyper-extension of knees!