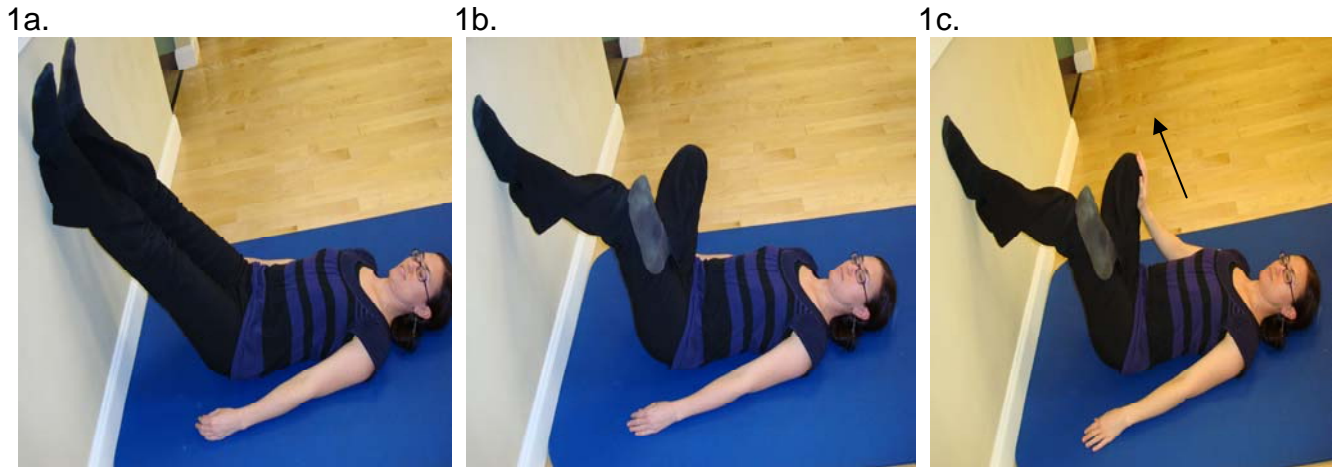


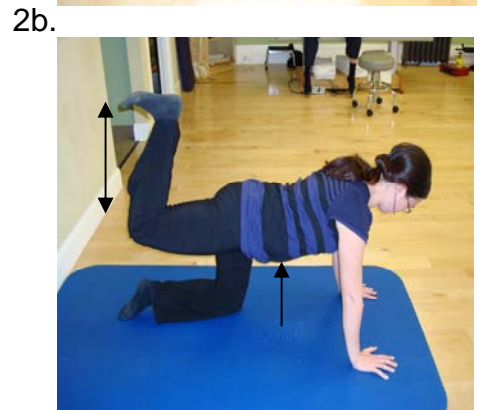
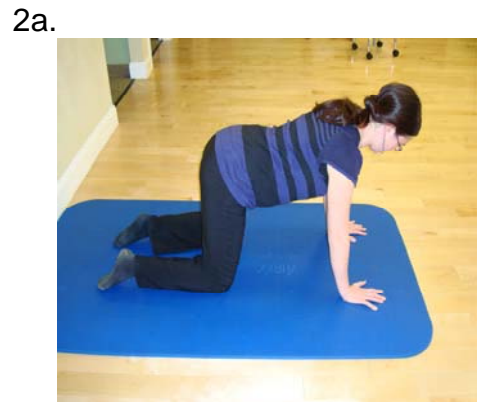
Supine Piriformis Stretch at Wall

1a. Lie on back in neutral spine with legs up the wall. 1b. Cross right ankle over left thigh. Keeping the sacrum flat on the ground, slide your left foot down the wall until your knee reaches a 90° angle. 1c. To increase stretch, keep pelvis still while you press right thigh diagonally up and forward with your right hand. Hold 45 seconds. Repeat on other side.



Donkey Kicks

2a. Start on your hands and knees in neutral spine position with your knees directly below your hips and your hands directly below your shoulders.  
 2b. Bring your navel in towards your spine to stabilize your pelvis throughout the exercise. Slowly kick the sole of your right foot towards the ceiling. Pulse the foot and thigh up and down slowly 5-10 times then returning to starting position. Repeat \_\_\_\_ times.  
 Repeat this exercise using your left leg.



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