

# Prima CARE

## Orthopedics

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### BACK ROM

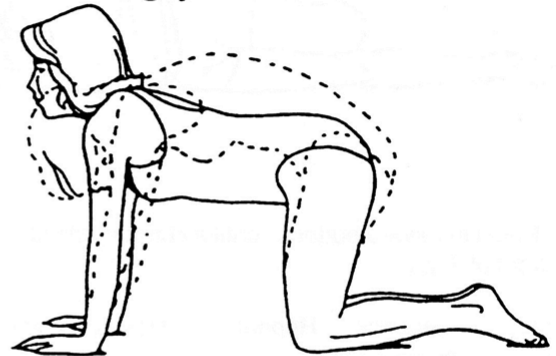
#### Mid Back Rotation Stretch



Reach to each side as far as you can, keeping chest as low to floor as possible.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times on each side.  
Do \_\_\_\_ sessions per day.

#### Angry Cat Stretch



Tuck chin and tighten stomach arching back.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times on each side.  
Do \_\_\_\_ sessions per day.

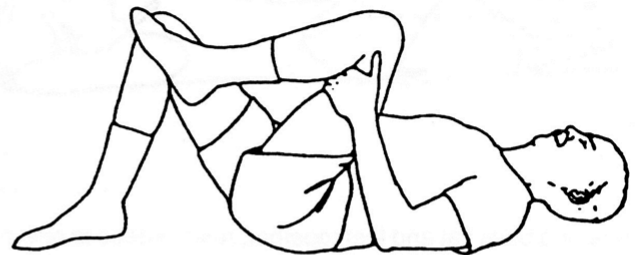
#### Double Knee to Chest Stretch



With hands behind knees, pull both knees into chest until a comfortable stretch is felt in lower back. Keep back relaxed.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times on each side.  
Do \_\_\_\_ sessions per day.

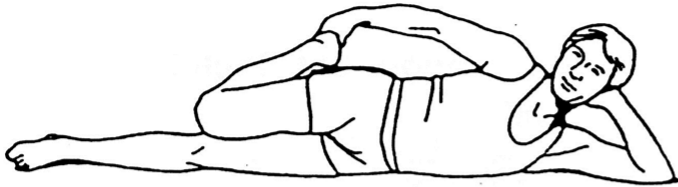
#### Single Knee to Chest Stretch



With hand behind knee, pull one knee into chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with opposite knee.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times on each side.  
Do \_\_\_\_ sessions per day.

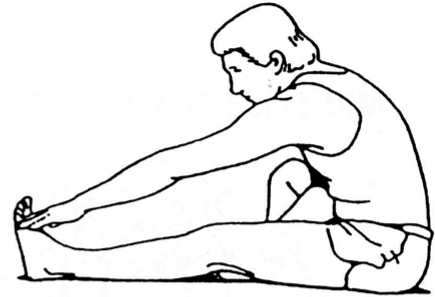
## Quadriceps Stretch



Pull heel in toward buttocks until a comfortable stretch is felt in front of thigh.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times on each side.  
Do \_\_\_\_ sessions per day.

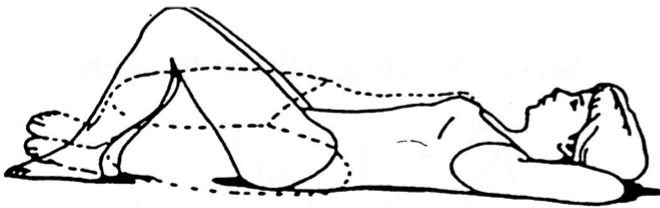
## Hamstring Stretch



Reach down along leg until a comfortable stretch is felt in back of thigh. Be sure to keep knee straight

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times on each side.  
Do \_\_\_\_ sessions per day.

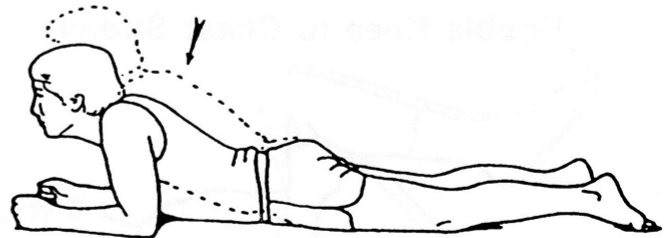
## Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to one side.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times on each side.  
Do \_\_\_\_ sessions per day.

## Prone on Elbows



Rise on elbows as high as possible, keeping hips on floor.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times on each side.  
Do \_\_\_\_ sessions per day.