

Sit on the edge of a chair with your feet flat on the floor and your back upright.

Slowly straighten your affected knee out in front of you.

As you straighten your leg, point your toes forward (away from your shin) and gently bend your head down to bring your chin toward your chest.



As you bend your knee back down, pull your toes up toward your shin and lift your head to look straight ahead or gently toward the ceiling.

Repeat this coordinated movement slowly and continuously without holding any static position



Lie down on your back with your knees bent and feet flat on the floor, hip-width apart.
Rest your arms flat by your sides with your palms facing down.
Tighten your core by pulling your belly button in toward your spine.



Push through your heels to lift your hips toward the ceiling while squeezing your glutes.
Form a straight line from your shoulders to your knees without arching your lower back.
Hold the position for 2 to 3 seconds.
Lower your hips slowly back down to the floor.



Lie flat on your back on a firm, comfortable surface, like a yoga mat.
Bend your knees and keep your feet flat on the floor, or extend your legs
straight depending on what feels best.



Gently bring one knee up toward your chest.
Hold your shin or the back of your thigh with your hands and pull
the knee slightly closer until you feel a mild stretch in your lower
back and hip.

Keep your lower back pressed gently into the floor.
Hold this position for 20 to 30 seconds while taking slow, deep
breaths.

Lower your leg slowly and repeat the movement on the other side.





Lie on your back on a flat surface or bed with one knee bent and that foot flat on the floor.

Loop a towel or strap securely around the ball of your other (symptomatic) foot.

Gently straighten the raised leg upward while holding both ends of the towel.

Keep a slight bend in the knee if fully straightening triggers sharp or radiating nerve pain.

Hold the stretch for 20 to 30 seconds while taking slow, deep breaths, then slowly lower the leg.

Lie on your back with both knees bent and your feet flat on the floor.

Cross the ankle of your painful or tight leg over the opposite knee to make a "four" shape with your legs.

Reach your hands through the gap between your legs and grab the back of your uncrossed thigh. Pull gently your thigh toward your chest until you feel a deep stretch in your buttock.

Hold the stretch for 20 to 30 seconds while breathing normally. Relax and return your feet to the floor.

