

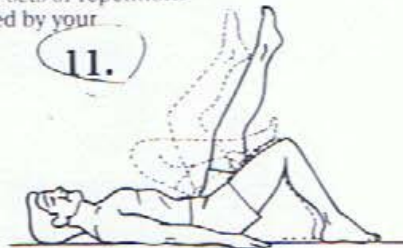
## Exercise—Chronic/Rehabilitative Stage

Before you begin any exercise program, be certain that you begin by trying the movements slowly and carefully. Allow the muscles to loosen up. Mild heat or a hot tub soak for five to ten minutes prior to beginning the exercises may help to relax tight muscles.

### Hamstring Stretch

11. Lie on your back, with both knees bent, feet flat on the floor. Bring one knee to the chest, then straighten it to the vertical position, pointing the toe upward as far as possible. Bend knee back to chest and return to original position. Repeat with opposite leg. Do as many sets or repetitions as recommended by your doctor.

SETS	REPETITIONS per SET



### Abdominal Toning Exercise

14. Lie on back, knees bent, feet flat on floor, do not put hands behind head. It may be helpful to have someone hold your feet for support. Sit up to one quarter of a sitting position and hold for three to five seconds. Slowly relax. Do as many sets or repetitions as recommended by your doctor.

SETS	REPETITIONS per SET



### Hamstring Stretch Sitting

12. Sit sideways on couch, stretch out right leg flat and put left foot on floor. Put left hand on left knee and reach forward with your right hand for the toes of the right foot. Reach as far forward as you can without discomfort. Feel the stretch behind the right leg, hold for three to five seconds and lean back to release the tension. Repeat with same leg five times, then change position and repeat with opposite leg.

SETS	REPETITIONS per SET

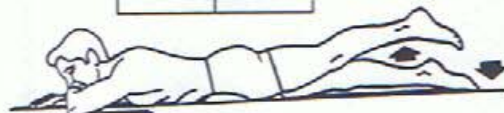


Note: Be certain to maintain the lumbar curve when doing this exercise. Bend at the waist, not at the neck and shoulders.

### Prone Extension Exercise

15. Lie face down on floor with large pillow under the hips and lower part of the abdomen. Lift one leg from the floor keeping the leg straight, hold for three to five seconds and slowly relax. Repeat using the other leg. Do as many sets or repetitions as recommended by your doctor.

SETS	REPETITIONS per SET



### Back Extension

16. Lie face down on the floor with a pillow under your hips and the lower part of your abdomen. Place your hands behind your hips and lift your head and shoulders from the floor. You must be cautious not to raise your body high enough to cause pain in your lower back. Hold for three to five seconds, slowly relax and resume resting position. Do as many sets or repetitions as recommended by your doctor.

SETS	REPETITIONS per SET



### Side Stretching

13. Standing with hands on hips, bend slowly to one side, bending only at the waist. Do not flex hip or knee. Hold for three to five seconds. Return to neutral position and repeat to opposite side. Do as many sets or repetitions as recommended by your doctor.

SETS	REPETITIONS per SET

