

STRETCHING

SCIATICA RELIEF



Consult a physician before starting any stretching regime. This chart is for informational purposes only.



ABDOMINAL & HIP FLEXORS



LOW BACK



GLUTES & ABDUCTORS



HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK



FULL BODY



CALVES, HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK



GLUTES & LOW BACK



GLUTES & ABDUCTORS



GLUTES & ABDUCTORS



GLUTES & ABDUCTORS

- Hold each stretch for 15-30 sec
- Stretch slowly
- Stop if you feel pain

Assisted Stretching Guide

Elizabeth Dean, Donna L. Frownfelter

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