




HOME EXERCISE PROGRAM

Pigeon Stretch: Video can be found at www.cephysio.ca – Educational Videos

Pigeon Stretch	
<p>LEVEL 1</p>  <p>Pigeon Stretch Level 1</p>	<p>LEVEL 2</p>  <p>Pigeon Stretch Level 2</p>
<p>Hold for 15-20 seconds on each side. Repeating 3-5 times.</p>	

Reverse Ostrich: Video can be found at www.cephysio.ca – Educational Videos

 <p>Reverse Ostrich Level 1 Variations</p>	<p>Hold each repetition for 2-3 seconds on each side. Repeating at least 8-10 times.</p>
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Forward & Side Lunge:



Step forward and let the knee bend past your toes, as you do this reach forward. Ensure that the back leg is straight and hold for 2-3 seconds. Return to standing and repeat 10-15 times on both feet.



Step to the side, pushing the hip as far over as you can. Hold for 2-3 seconds and return to standing. Repeat 10-15 times on each side.



Balance Reach:



Raise your hands up while you balance on one foot. With the other leg reach forward as far as you can.

1/2 Kneeling Hip Flexor Stretch:



Place one knee on the ground and raise the arm of that same side up in the air as high as possible. Place the other leg out in front of you with your foot planted on the ground making a 90 degree angle with your knee



Deep Squat:



Allow knees to go forward as you go into a squat position, keeping the chest upright and maintaining balance on the balls of the feet. Make sure that your knees point directly in front of you and do not touch each other.

