

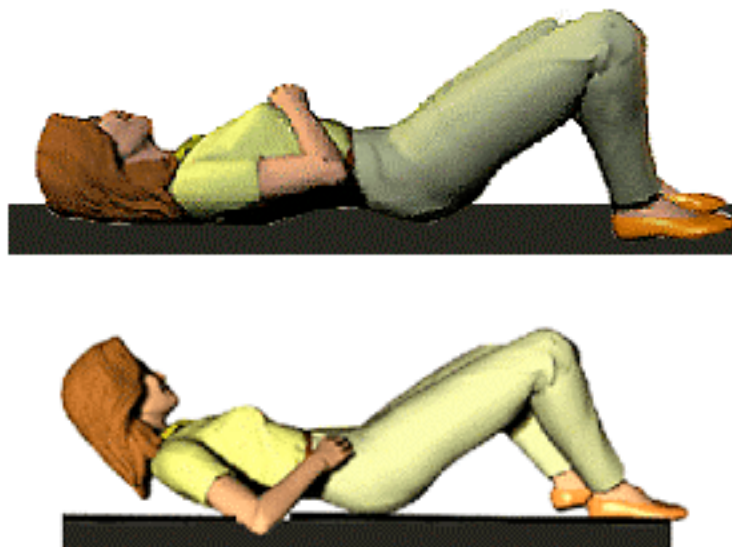
*Wichita Mountain*  
*Neurosurgery*  
*& Spine*

by David M. Pagnanelli, M.D.



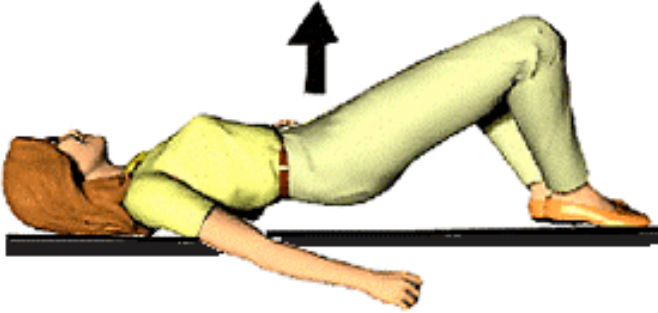
**Prone Press-UP**

1. Lie on your stomach with your feet slightly apart. Rest your forehead on the floor. Relax your stomach and back muscles.
2. Keeping your neck straight, push yourself up on your forearms. Hold, then slowly lie back down, then repeat.



**Partial Curl-UP**

1. Lie on your back with both knees bent, your feet flat on the floor, and your hands crossed over your chest.
2. Looking at the ceiling, tighten your stomach muscles, and slowly lift your shoulder blades off the floor-no higher than 30 degrees. Hold, then slowly lie back down, then repeat.



### **The Bridge**

1. Lie on the floor with your back flat, palms flat on the floor, knees bent, and feet flat on the floor.
2. Tighten your stomach and buttock muscles. Slowly lift your buttocks off the floor until there's a straight line from your knees to your shoulders. Hold, then repeat.

### **Wall Slide**

1. Stand with your back and head against a wall, looking straight ahead. Keep your feet 6-12 inches away from the wall and shoulder width apart. Relax your shoulders and tighten your stomach muscles.
2. Slowly sink straight down until you feel a stretch in the front of your thighs. Hold, then slowly slide back up. Repeat.



### **Hamstring Stretch**

1. Lie on your back with your buttocks close to a doorway. Extend your legs straight on the floor.
2. Raise one leg and rest it against the doorway. Feel the stretch in the back of your thigh. Hold and repeat, then switch sides.

### **Hip Rotator Stretch**

1. Lie on your back with your knees bent and one ankle resting on the opposite knee. Place your other foot flat on the floor or against the wall.
2. Gently push your top knee away from you. Feel the stretch in your buttock. Hold and repeat, then switch sides



### **Knee to Chest Stretch**

1. Lie on your back with one leg bent and that foot flat on the floor.
2. Grasp your thigh behind the bent knee, slowly pulling it to your chest. Hold and repeat, then switch sides.

### **Quadriceps Stretch**

1. Position yourself on arm's length from a wall. Look straight ahead.
2. Place one hand against the wall. With your other hand, grasp the ankle of the foot on the same side.
3. When you feel the stretch in your thigh, hold and repeat, then switch sides

