



Straight leg stretching: tightness in the hamstring muscles, gastrocnemius, soleus, and Achilles tendon may be stretched progressively using a 5 foot length of Theraband (patented) or rope looped across the ball of the foot as illustrated. The straight leg is pulled gradually toward the maximum tolerated upright position and hold for 30 to 60 seconds during which further stretching may be accomplished. Do not allow knee to bend during the maneuver. (By permission from Shoon, RP, Moskowitz, RW, Goldberg, VM, Soft Tissue Rheumatic Pain: Recognition, Prevention 3rd ED, Williams & Wilkins, Baltimore 1996.)



Single knee to chest exercise: The single knee to chest exercise is well tolerated during the early phase of the back rehabilitation program. Stretching of the low back muscles and fascia is obtained with this mobilizing procedure. The subject pulls one knee toward chest and holds it 5 to 10 seconds; 6 to 10 repetitions are performed twice daily. (By permission from Shoon, RP, Moskowitz, RW, Goldberg, VM, Soft Tissue Rheumatic Pain: Recognition, Prevention 3rd ED, Williams & Wilkins, Baltimore 1996.)



Seated knee-chest exercise: The seated knee-chest exercise is performed while seated on a chair; it's an alternative exercise for those who do not perceive a stretching sensation in the low back during the standard knee to chest exercises (perhaps due to hyper mobility of the hips). Each stretch is held for 5 to 10 seconds; 6 to 10 repetitions are done twice daily. (By permission from Shoon, RP, Moskowitz, RW, Goldberg, VM, Soft Tissue Rheumatic Pain: Recognition, Prevention 3rd ED, Williams & Wilkins, Baltimore 1996.)



Posterior pelvic tilt: The posterior pelvic tilt is a basic maneuver in back rehabilitations. The abdominal and gluteus muscles are contracted to flatten the lumbar spine. This position is held for 5 to 10 seconds and can be repeated frequently. (By permission from Shoon, RP, Moskowitz, RW, Goldberg, VM, Soft Tissue Rheumatic Pain: Recognition, Prevention 3rd ED, Williams & Wilkins, Baltimore 1996.)