



Shevin Pollydore MD



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side. Complete all to left, then all to right

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day



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DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.



Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day

PRESS UPS

Lying face down, slowly press up and arch your back using your arms.



Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day

MEDICINE BALL BRIDGE

While lying on your back, raise your buttocks off the floor/bed while holding a medicine ball between your knees as shown.



Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day





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Supine Marching

Lay on back with knees bent. Keeping your stomach muscles tight, lift one leg a few inches off the floor, place back down, and repeat with the other leg. One on each side is one repetition.

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



Supine - SLR

Lie on your back with your opposite knee bent (this protects your back). Push your abdominal and pelvis down into the mat and pull your leg up around 6" from the floor and let down again.

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



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