



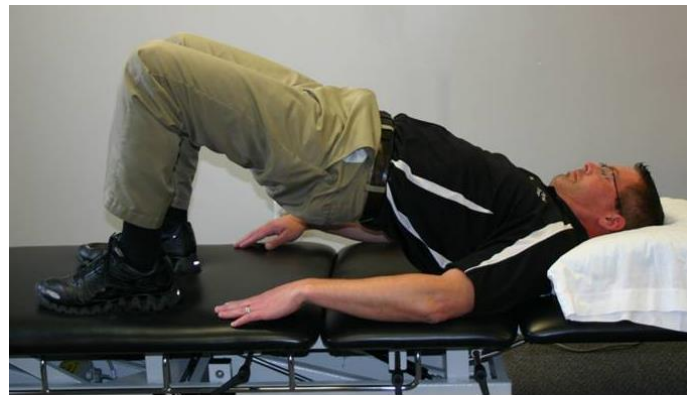
1-888-218-4045

These exercises should be performed on a daily basis. Your doctor may also instruct you to use ice on the painful area for 15 to 20 minutes on a daily basis. If your symptoms worsen or you develop severe leg pain or weakness, contact your physician.



**Knee to Chest:**

Lying on your back on a bed or on the floor, pull your right knee gently toward your chest until a stretch is felt in your leg, hip, or lower back. Hold your right knee to your chest for 10 seconds. Repeat this with your left knee. Do 5 times on each side.



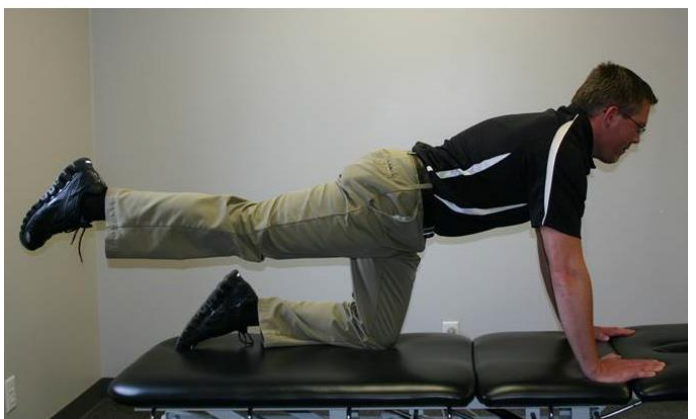
**Bridges:**

Lying on your back on a bed or on the floor, draw in your lower abdomen as if you were buttoning a tight pair of pants. While holding your abdomen in, lift your hips off of the bed/floor as shown above. Hold 2-3 seconds. Repeat 10 times.



**Prone Leg Raise:**

Lying on your stomach over a pillow on a bed or on the floor, draw in your lower abdomen as if you were buttoning a tight pair of pants. While holding your abdomen in, lift your right leg off of the bed/floor about 12 inches, as shown above, keeping your knee straight. Hold 2-3 seconds. Repeat 10 times. Repeat the same with your left leg.



**Leg Raise On All Fours:**

Start on your hands and knees in the middle of a bed or on the floor. Draw in your lower abdomen as if you were buttoning a tight pair of pants and hold it. While holding your abdomen in, lift your right leg off of the bed/floor as shown above. Hold 2-3 seconds. Repeat 10 times. Repeat the same with your left leg.