

8 Bed Time STRETCHES



1. Shell Stretch ▶



2. Pelvic Tilt Lying ▶



3. Supine Lumbar Twist Stretch ▶



4. Double Leg Back Stretch ▶



5. Glute Stretch Supine ▶



6. Single Leg Back Stretch ▶



7. External Rotation Lying Bilateral ▶



8. Internal Rotation Lying Double Leg ▶

- Repeat each exercise 3-5 times holding each stretch for 10 seconds
- Perform single leg exercises on both legs
- If a stretch causes pain (instead of feeling like a stretch) stop and move onto the next exercise
- ▶ Click for video

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