

At-Home Hips & Lower Back Therapy

* Perform each exercise for 20 seconds on both sides

1. SUMO

- Spread your feet far apart
- Turn your toes out
- Use hands to push legs apart



2. SPIDER

- Spread your feet far apart
- Reach towards the floor
- Try to keep your back straight



3. FIGURE 4

- Cross one leg over
- Sit up straight
- Press your thigh down



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4. PRETZEL

- Cross one leg over
- Sit up straight
- Hug your knee to your chest



5. LUNGE

- Turn in your chair
- Kick one leg back keeping it bent
- Raise your arm straight up



6. HIGH LUNGE

- Turn in your chair
- Kick one leg back behind you
- Raise your arm up & to the side

