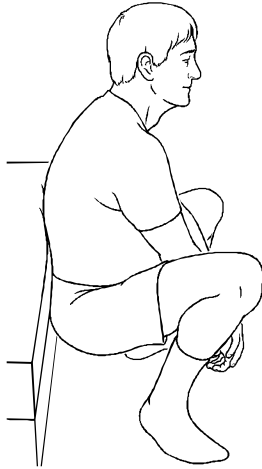


PELVIC FLOOR RELAXATION - 5

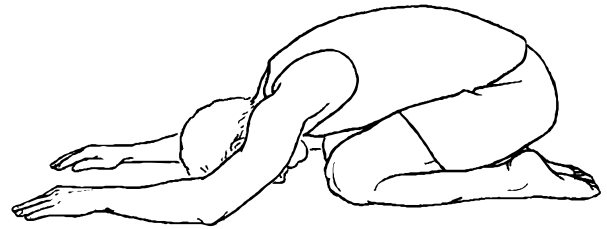
Squat, Modified: Couch Support

Sit on edge of couch.
Slide off edge into a deep squat, allowing couch to support back.
Relax in this position for 1-2 minutes.



Do 1-2 times a day.

YOGA - 64 Child Pose



Sitting on knees, fold body over legs and relax head and arms on floor.

Hold for 10 breaths.

HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg.

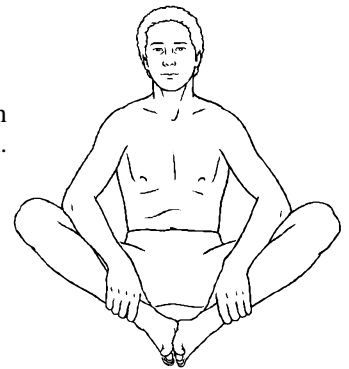
Hold 60 seconds.

Repeat 2 times per set. Do 1 sets per session.

Do 2 sessions per day.

HIP / KNEE - 32 Stretching: Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh.
Hold 60 seconds.



Repeat 2 times per set.

Do 1 sets per session.

Do 2 sessions per day.