

**Jeremie Pederson D.C., C.C.E.P., C.S.C.S.**

**713-557-5736**

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**1. Perform 12 raises on your toes, down towards your heels. Try to move slowly and hang on to a wall. Use a book or small object to raise your feet off the ground if available.**



**2. Perform 10 towel grabs on each foot. Start sitting down and crunching your toes towards you to move the towel towards you. Do all on one foot, then all on the other foot.**



**3. Perform the bridge as high as you can without a pinch, then pull knees to chest as far as you can without pain. Do this 10 times.**