



TRUNK ROLL

- Purpose:** To stretch and strengthen the hip and trunk muscles.
- Position:** Lie on your back, knees bent and feet flat on the floor. Flatten low back to the floor.
- Action:** Gently drop your knees toward one side. Stay in a pain free range - Feel the stretch. Return to the start position. Then drop your knees in the opposite direction.

Do _____ times a day.

_____ repetitions