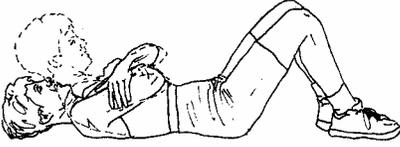
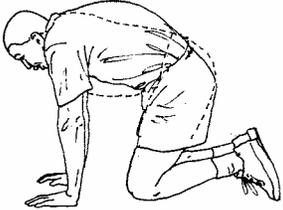
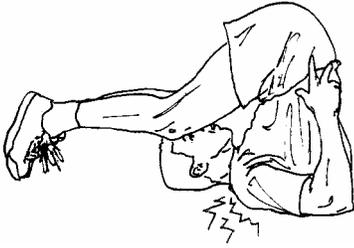


K.2.S1.C.1c  
 K.2.S1.C.3  
 K.3.S1.A.2  
 K.2.S2.C.3  
 K.3.S2.A.2

# Exercise Do's and Don'ts

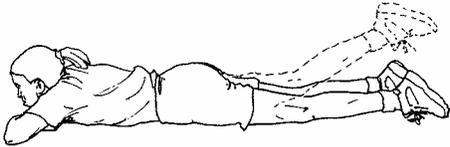
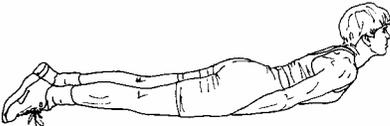
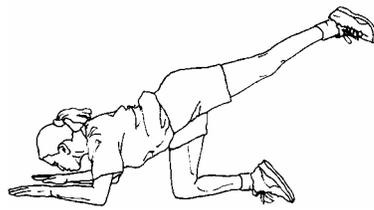
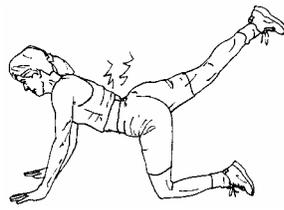
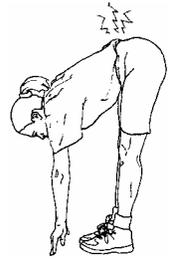
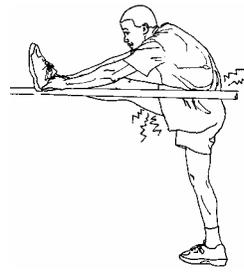


<b>Neck</b>	
<p><b>DO: Neck Lateral Flexion</b></p> <p>Perform forward and lateral neck flexion and frontal half-rotations.</p> 	<p><b>DON'T DO: Neck Hyperextension</b></p> 
<p><b>DO: Partial Curl-Up</b></p> 	<p><b>DON'T DO: Head Throw in a Crunch</b></p> <p>Avoid straight leg sit-ups and placing hands behind neck area.</p> 
<p><b>DO: Cat and Camel (Strengthens back and abdominal muscles.)</b></p> <p>On hands and knees with head parallel to floor, arch the back and then let it slowly sag toward floor. Try to keep arms straight.</p> 	<p><b>DON'T DO: The Plow</b></p> 
<b>Chest / Shoulders</b>	
<p style="text-align: center;"><b>DO: Anterior Chest/Shoulder Stretch</b></p> <p>Clasp hands together behind trunk with elbows extended. Slowly raise arms upward.</p> 	

(continued)

K.2.S1.C.1c  
 K.2.S1.C.3  
 K.3.S1.A.2  
 K.2.S2.C.3  
 K.3.S2.A.2

# Exercise Do's and Don'ts (continued)

<b>Low Back</b>	
<p><b>DO: Single Leg Extension</b>            (Strengthens hip and buttock muscles and stretches abdominal and leg muscles.)</p> <p>Lie on stomach with arms folded under the chin. Slowly lift one leg—not too high—without bending it, while keeping pelvis flat on floor. Slowly lower the leg and repeat with the other leg.</p> 	
<p><b>DO: Trunk Extension</b></p> 	<p><b>DON'T DO: Swan Lift</b></p> 
<p><b>DO: Leg Lift with Trunk and Leg in Straight Line</b></p> 	<p><b>DON'T DO: Leg Lift with Trunk Hyperextended</b></p> 
<b>Low Back / Hamstrings</b>	
<p><b>DO: Seated Hip/Trunk Flexion</b></p> 	<p><b>DON'T DO: Unsupported Hip/Trunk Flexion</b></p> 
<p><b>DO: Hamstring Stretch—Knee to Chest</b></p> <p>Straighten bent leg upward to ceiling, keeping both hips on ground.</p> 	<p><b>DON'T DO: Hamstring Stretch—Leg on Bar</b></p> 

(continued)

K.2.S1.C.1c  
 K.2.S1.C.3  
 K.3.S1.A.2  
 K.2.S2.C.3  
 K.3.S2.A.2

# Exercise Do's and Don'ts (continued)

## Groin

### DO: Groin Stretch

From a tailor-sitting position, with soles of feet together, place hands on inside of knees and push downward slowly.



## Quadriceps / Hip Flexors / Glutei Maximi

### DO: Quadriceps/ Hip Flexor Stretch



### DON'T DO: Hurdler's Stretch



### DO: Half Squat

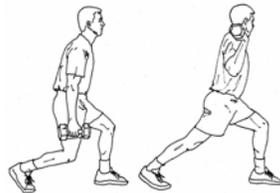


### DON'T DO: Full Squat and Deep Knee Bend

Avoid knee flexing past 90° angle.



### DO: Lunge (With knee in line with supporting heel.)



### DON'T DO: Lunge (With knee forward on supporting foot.)



## Posterior Lower Legs (Calves)

### DO: Posterior Lower Leg Stretch

Assume front-leaning position against wall with one foot ahead of the other. Flex hip, knee, and ankle to lower the body closer to ground, keeping feet flat on floor.



Standing with balls of feet on stairs, curb, or wood block, lower heels to floor.