

8 Bed Time STRETCHES



1. Shell Stretch 



2. Pelvic Tilt Lying 



3. Supine Lumbar Twist Stretch 



4. Double Leg Back Stretch 



5. Glute Stretch Supine 




6. Single Leg Back Stretch 




7. External Rotation Lying Bilateral 








8. Internal Rotation Lying Double Leg 



7. External Rotation Lying Bilateral 



8. Internal Rotation Lying Double Leg 

-  Repeat each exercise 3-5 times holding each stretch for 10 seconds
-  Perform single leg exercises on both legs
-  If a stretch causes pain (instead of feeling like a stretch) stop and move onto the next exercise
-  Click for video

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