



Masula Chiropractic
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Client :
Client ID :
Date : Friday, March 6, 2026



'Prayer' Stretch

Kneeling on floor, reach both arms straight out in front along floor.
Sit lower body down and back onto heels.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

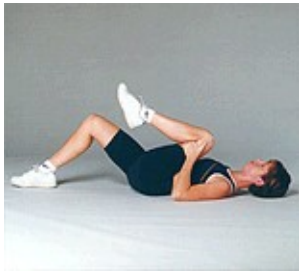


Fig.4 Knee to Chest

Lying on back, knees bent with feet flat on the floor.
Cross one ankle onto opposite knee.
Bring the knee (that is under the ankle) straight up towards the same side shoulder to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Single Knee to Chest

Lying on back with knees bent and feet flat on the floor (can perform stretch sitting or standing as well).
Hug one knee up toward chest, hugging under the knee joint, to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Cat

On floor on hands and knees.
Let head relax down, suck stomach muscles in toward the spine and arch spine up to the ceiling like an 'angry cat'.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Lumbar Extension 1/2

Lying on stomach, use elbows/forearms to raise upper body up off floor keeping pelvis in contact with floor.
Keep buttocks relaxed and allow low back to 'sag'.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Extension Gvm Ball

Lying on back over gym ball with head supported on ball.
Hang hands overhead and/or out to the sides and let spine relax and conform to the ball.
Slowly roll back and forth to get the full length of your spine relaxed.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



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Lumbar Rotation

Lying on floor with arms out at shoulder level.
 Bend one knee and cross that leg over opposite leg.
 Let knee drop across and over toward floor while turning the head to the opposite side.
 Feel a stretch in the hip and low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Piriformis Seated Fig.4

Sitting tall on floor, legs out in front.
 Bend one knee and cross foot over opposite leg.
 Gently bring that knee across and towards the chest to feel a stretch in the hip and buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Active Fig.4 Piriformis

Lying on back, knees bent with feet flat on the floor.
 Cross one ankle onto opposite knee.
 Hug around both legs and bring up toward chest (to comfort).
 Gently push outer knee into elbow, relax and hug both legs closer to chest.
 Hold, relax, and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Knee Across Chest

Lying on back, hug one knee up and bring across body toward opposite elbow to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hamstrings SLR

Lying on back with knees bent and feet flat on the floor.
 Raise one leg up towards the ceiling keeping toes pulled back to feel a stretch in back of the thigh.
 Use hands to support leg.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Active 'Knee to Chest'

Lying on back, hug both knees to chest.
 Gently push knees up to ceiling (against resistance).
 Then hug knees tight to chest again, hold and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31