

Pediatric Orthopedic and Scoliosis Center

A Division on Children's Specialists of San Diego

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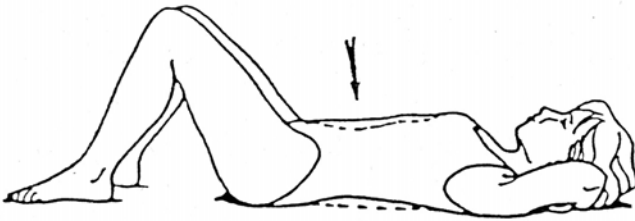
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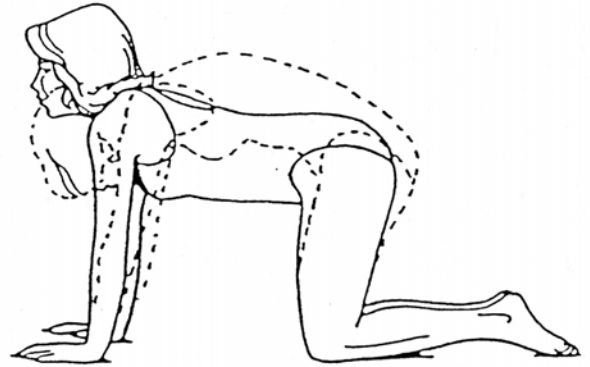
BACK – 22 Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks.

Hold _____ seconds. Repeat _____ times.
Do _____ session per day.

BACK – 14 Angry Cat Scratch



Tuck chin and tighten stomach arching back.

Hold _____ seconds. Repeat _____ times.
Do _____ session per day.

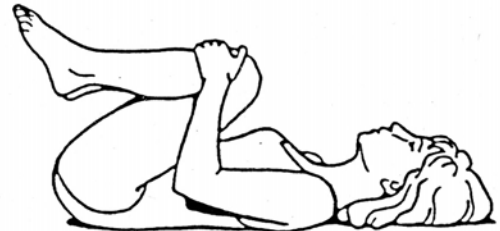
BACK – 18 Single Knee to Chest Stretch



Pull one knee in to chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with opposite side.

Hold _____ seconds. Repeat _____ times on each side.
Do _____ session per day.

BACK – 19 Double Knee to Chest Stretch



Pull both knees in to chest until a comfortable stretch is felt in the lower back. Keep back relaxed.

Hold _____ seconds. Repeat _____ times
Do _____ session per day.

BACK – 20 Mid Back Stretch



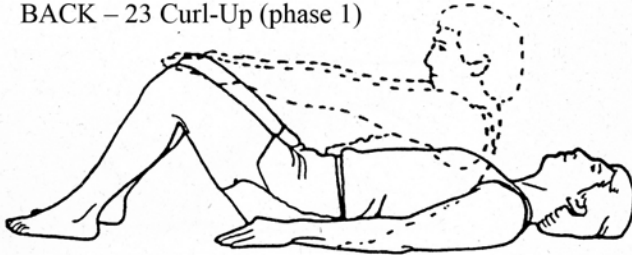
Push chest toward floor, reaching forward as far as you can.
Hold ____ seconds. Repeat ____ times.
Do ____ session per day.

BACK – 34 Active Hamstring Stretch



Support back of thigh behind knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh.
Hold ____ seconds. Repeat ____ times.
Do ____ session per day.

BACK – 23 Curl-Up (phase 1)



With arms at sides, tilt pelvis to flatten back. Raise shoulders and head from floor. Use arms to support trunk if necessary.
Hold ____ seconds. Repeat ____ times.
Do ____ session per day.

BACK – 24 Diagonal Curl-Up (phase 1)



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders, rotating to one side as shoulder blades clear floor.
Hold ____ seconds. Repeat ____ times on each side.
Do ____ session per day.