



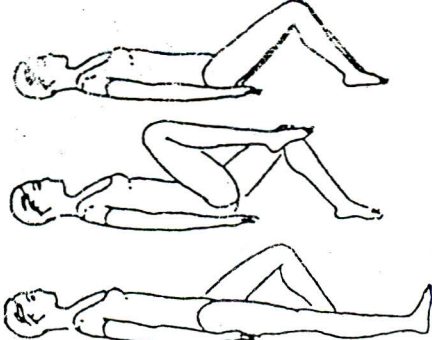
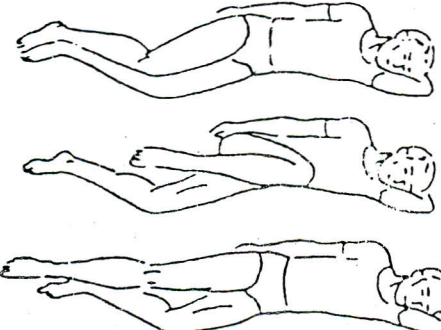


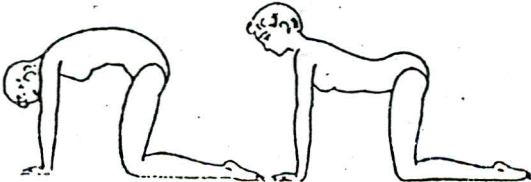

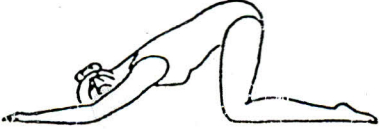
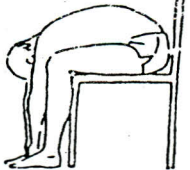
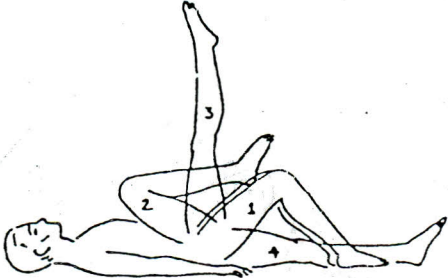



## Home exercise program - Level 1


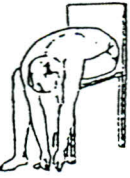
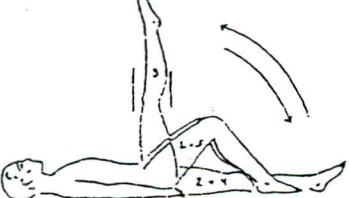

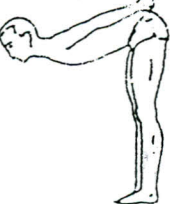

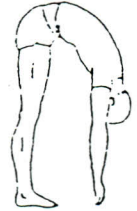
This exercise program was designed by Dr. Hans Kraus. Perform the exercises one or two times a day, unless otherwise instructed by your therapist. Proper sequence of the exercises is important: always start with the exercise #1 and follow the sequence to the last exercise indicated by your therapist and then reverse the order (start with the last exercise and finish with the exercise #1). Perform all the movements slowly, making sure that you "let go" after each repetition. You should not experience any increase of symptoms while exercising. If the increase of symptoms occurs stop immediately and consult your therapist.

	<p><b>1. Diaphragmatic Breathing</b> Inhale through your nose (belly gets round). Exhale slowly through your mouth.</p>
	<p><b>2. Shoulder Shrugs</b> Pull your shoulders up toward your ears. Inhale and exhale as you let go.</p>
	<p><b>3. Leg Slides</b> Slide your leg all the way down. Relax and let it go. Slide it back to the basic position. Repeat with the opposite leg.</p>
	<p><b>3. Head Rotations</b> Drop your head to the right side, return back to neutral and let go, then drop the head to the left side and back to the center.</p>
	<p><b>5. Single Knee To Chest</b> Begin in the basic position. Bring one knee to the chest as far as you can comfortably. Lower the foot to the floor, then slide your leg down and let it go. Slide the leg back to the basic position. Repeat with the opposite leg.</p>
	<p><b>6. Sidelying Knee To Chest</b> Lie on your side in the fetal position. Bring your upper leg toward your chest, letting the knee drop toward the floor like dead weight. Then slide the leg back, extending the knee. Bring the leg back to starting position and let it go. Do this 3 times, then roll onto your other side and repeat with opposite leg.</p>
	<p><b>7. Buttocks Squeeze</b> Turn onto your stomach and place a pillow under your belly. Tighten your seat muscles and hold for 2 seconds. Relax and let go.</p>

Home exercise program - Level 2

	<p><b>8. Double Knee To Chest</b> Start in the basic position. Inhale, and as you exhale, bring both knees up toward the chest. Then slowly lower your feet back to the basic position.</p>
	<p><b>9. Cat Back</b> Assume a kneeling position, resting on your hands and knees. Round your back and let your head drop at the same time. Then arch your back and lift your head upward.</p>
	<p><b>10. Partial Sit-up</b> Start in the basic position and place your hands on the front of your thighs. Inhale, and as you exhale, raise your head and shoulders off the floor and slide your hands along your thighs. Slowly lower yourself back to the basic position.</p>
	<p><b>11. Pectoral Stretch</b> Start in a kneeling position and bring your buttocks back toward your heels. Slide your hands forward as far as you can, keeping your head in line with your arms. Return to starting position.</p>
	<p><b>12. Bend Sitting</b> Sit forward in a chair, with your feet apart on the floor. Inhale, and as you exhale, let your head drop and roll yourself down, reaching with your hands in between your knees. Go as far as you can comfortably, then slowly roll up to starting position.</p>
	<p><b>13. Bicycle Hamstring Stretch I</b> Begin in the basic position. Bring one knee to the chest as far as you can comfortably. Straighten the leg, with the toes pointed toward the ceiling. Keep your toes pointed and knee straight as you slowly lower your leg to the floor. Relax and let the leg go. Slide the leg back to the basic position. Repeat the exercise with the opposite leg.</p>
	<p><b>14. Bicycle Hamstring Stretch II</b> Begin in the basic position. Bring one knee to the chest as far as you can comfortably. Straighten the leg, this time with the heel pointed toward the ceiling. Maintain the heel position and knee straight as you slowly lower your leg to the floor. Relax and let the leg go. Slide the leg back to the basic position. Repeat the exercise with the opposite leg.</p>

Home exercise program - Level 3

	<p><b>15. Full Sit-up</b>                  Begin in the basic position. Tuck your feet under a heavy object (such as the base of a couch or bed), so they are stabilized. Place your hands on either side of your face, unless otherwise instructed by your therapist. Inhale, and as you exhale, roll to full sit-up. Roll back to the basic position.</p>
	<p><b>16. Bend Sitting With Rotation</b>                  Sit forward in a chair, with your feet flat on the floor. Inhale, and as you exhale, let your head drop and roll your trunk down to the left. Go as far as you can comfortably, then slowly roll up to sitting. Repeat, this time bending to the right.</p>
	<p><b>17. Straight Leg Raise Hamstring Stretch I</b>                  Begin in the basic position. Slide one leg all the way down and point the toes away from your head. Keeping the knee straight, raise the leg as high as you can comfortably. Lower the straight leg to the floor and let it go. Slide the leg back to the basic position. Repeat the exercise with the opposite leg.</p>
	<p><b>18. Straight Leg Raise Hamstring Stretch II</b>                  Begin in the basic position. Slide one leg all the way down. Keeping the knee straight, raise the leg as high as you can comfortably while you point the heel toward the ceiling. Maintain the foot position as you lower the straight leg to the floor. Relax and let the leg go. Slide the leg back to the basic position. Repeat the exercise with the opposite leg.</p>
	<p><b>19. Diver's Bend</b>                  Stand with your feet slightly apart. Clasp your hands behind your back. Bend forward from the hips, keeping your back, neck and knees straight. Go down as far as you can, then raise your head until you feel stretching in the back of your legs. Bend your knees slightly as you return to standing.</p>
	<p><b>20. Calf Stretch</b>                  Stand facing a wall, and place your palms on the wall. Bend your elbows so that you are leaning forward, keeping your back and hips straight. Make sure your heels stay on the floor. You should experience a stretch on your calf muscles. Straighten your arms to push your body back to standing erect.</p>
	<p><b>21. Bend Standing</b>                  Stand with your feet together and knees straight. Inhale, and as you exhale, let your head drop and roll yourself down as far as you can comfortably. Bend your knees and slowly roll back up to standing.</p>