



Home Exercise Program

Created by Senior Stride Academy Aug 31st, 2024

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6 Exercises

1



LOWER TRUNK ROTATIONS - LTR - KNEE ROCKS

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side.

Repeat as you move through a comfortable range of motion.

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day

4



SEATED LOW BACK STRETCH - TRUNK FLEXION STRETCH

While sitting in a chair, begin by slowly bending forward and reaching your hands towards the floor. Bend your trunk and head forward and down. Hold, then return to starting position and repeat.

Repeat 4 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Times a Day

2



Single Knee to Chest Stretch

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 4 Times
Hold 20 Seconds
Complete 1 Set
Perform 2 Times a Day

5



SEATED LATERAL TRUNK STRETCH

While in a seated position, raise your arm over head and bend your body to the opposite side for a stretch. Hold, return to starting position and repeat.

Repeat 4 Times
Hold 20 Seconds
Complete 1 Set
Perform 2 Times a Day

3



DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

Repeat 4 Times
Hold 20 Seconds
Complete 1 Set
Perform 2 Times a Day

6



Lumbar Flexion with Rotation

Seated at the edge of the chair, bend forward and reach to the left of your legs until you feel a stretch in your lower back. Gently return to seated position and repeat on other side.

Repeat 4 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Times a Day