

Patty's PT Tips

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October 12, 2022

Easy Stretching Exercises when lying down

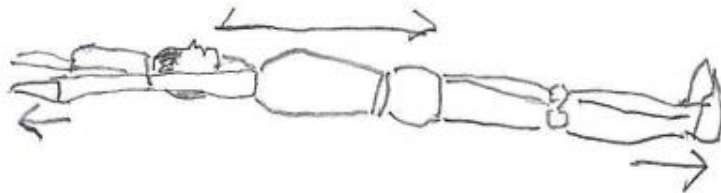
Single Knee to Chest



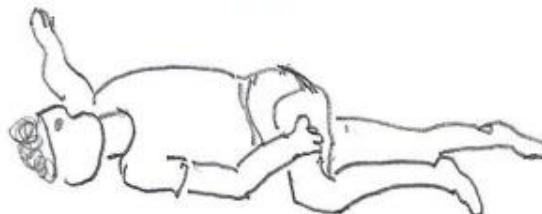
Double Knee to Chest



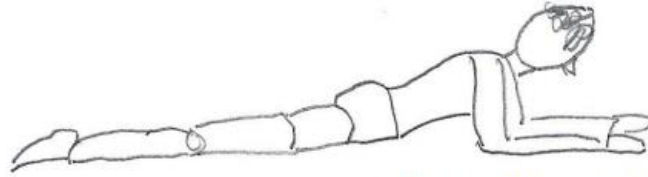
Morning Stretches



Lateral Hip Stretches

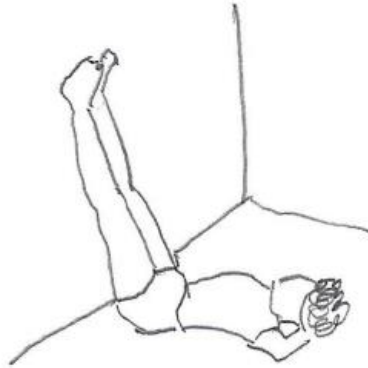


The Sphinx



If you extend the elbows it is the Cobra

Hamstring Wall Stretch



Standing Hamstring Stretch



Seated Hamstring Stretch with strap

