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The Back Pocket Stretch

You should feel this stretch in your back pocket on the side with the forward knee. This should not hurt your back.

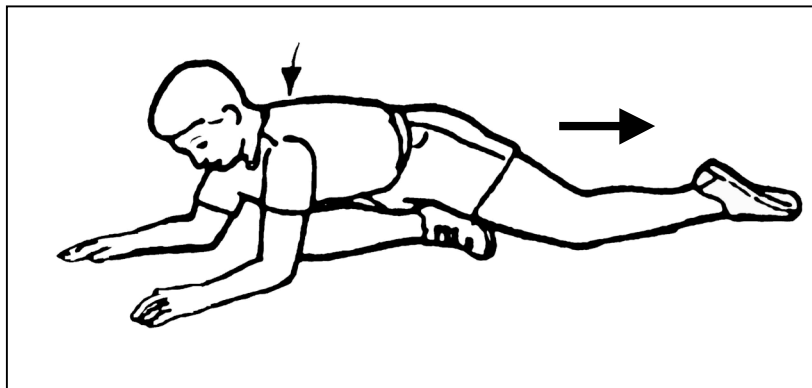
Begin on hands and knees.

Cross your left knee behind your right, then place it back down on the floor.

Slide your left back while you guide your chest over the right knee. The right knee should be in the center of the chest.

You should feel an easy stretch in the right back pocket area.

When you can, rest down on your elbows as shown.



Try to progress to holding the stretch for 2 minutes at a time. Stretch lightly enough so you can prolong the hold. Perform with each leg 2 or 3 times in succession at least twice a day.

Expect some increased soreness initially and continue with an easy stretch. It may take several weeks to see progress.

Continue daily stretching until full range is achieved (as shown), then once or twice a week as needed to maintain flexibility.

Work that body, it's the finest instrument you will ever own.