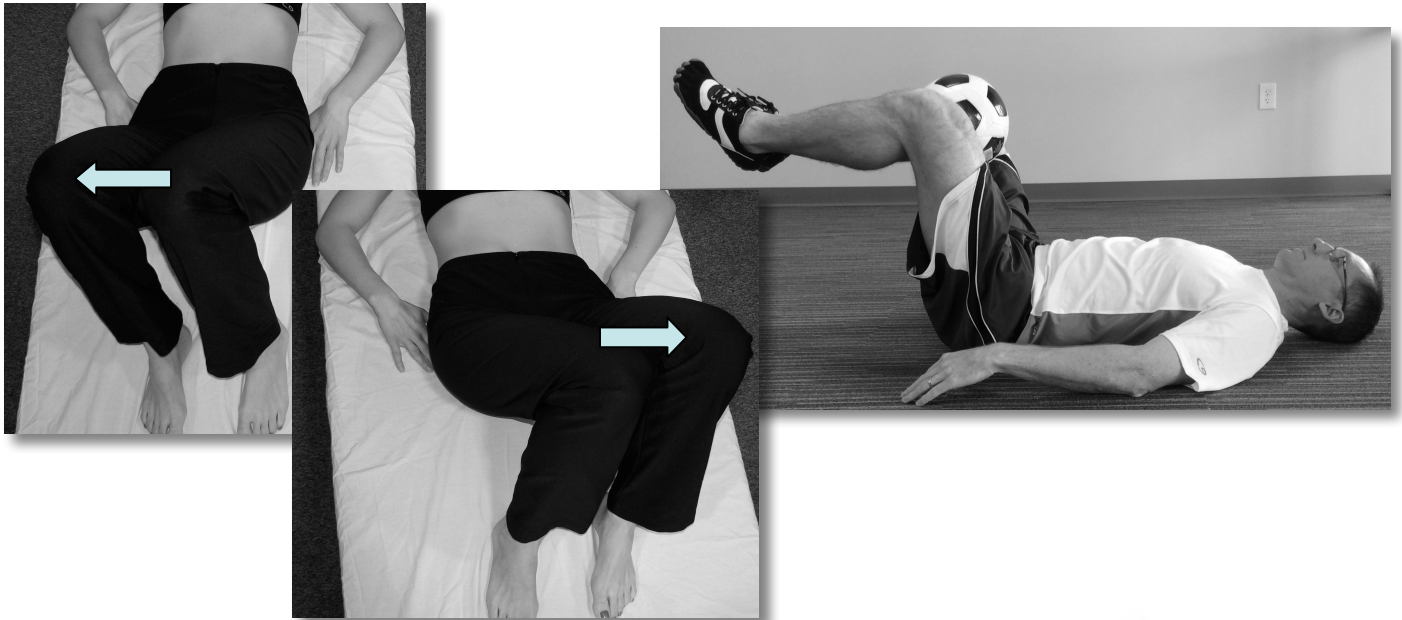


Lower Trunk Rotation or Knee Rocking



- Lie on your back with your knees bent as pictured.
- Rhythmically move your legs from side to side in the middle range or about 45 degrees.
- Repeat for 30 times.
- Without resistance, you may perform this exercise as often as you like each day to reduce pain or stiffness.
- *As a core or stabilization exercise, add resistance by holding a heavy object between your knees or lifting your legs off the ground.
- Do 20 repetitions or until fatigue.