

RJR Twister Series Stretches

Used for pain all over the body, especially pain in standing, walking, standing up from sitting, or lying on your back with legs straight.

Perform 2 times a day and any time the pain increases.
Stay in the position for 90 seconds. Do these to each side.

DO NOT BEND FORWARD IF YOU HAVE HAD A POSTERIOR HIP REPLACEMENT UNTIL DOCTOR SAYS OK

Horse and Thinker

1. Sit forward and slide feet out to the side.
2. Pull knees and feet as far apart as able.
3. Bring shoulders forward, nose toward the knee.
4. May rest head on hand just like Rodin's *The Thinker*.



Elbow to knee

1. Bend forward and bring elbow to the inside of knee, ankle, or calf.
2. Turn face and body to the opposite side.
3. Point upper shoulder toward the ceiling.



Nose to buttocks

1. Take nose toward buttocks.
2. Turn body and face toward buttocks.
3. Bring both shoulders toward the buttocks.

