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Positions of Relief, Stretches and Exercises

Here is a list of short videos that demonstrate specific positions of relief, stretches and exercises that may have been prescribed to you by your ISAEC clinician.

Your ISAEC Treatment Plan will indicate which specific positions of relief, stretches and exercises you should attempt. In addition, your ISAEC Treatment Plan will indicate the number of sets and repetitions for the stretches and exercises prescribed as well as when they should be attempted in your multi-week ISAEC Treatment Plan.



If you experience pain aggravated by **FLEXION** (sitting, bending, stooping or lifting) or suffer from Constant Leg Dominant Pain (sciatica) these exercises may benefit your condition.

Positions of Relief

[Prone Lie on Elbows \(/prone-lie-on-elbows.html\)](#)
[Prone Lie on Pillows \(/prone-lie-on-pillows.html\)](#)
[Supine Lie \(/supine-lie.html\)](#)
[Z-lie \(/z-lie.html\)](#)

Extension Exercises

[Sloppy Push-ups \(/sloppy-push-ups.html\)](#)
[Standing Back Extensions \(/standing-back-extensions.html\)](#)

Stretches

[Adductor Stretch - Lying \(/adductor-stretch---lying.html\)](#)
[Hip Flexor Stretch \(/hip-flexor-stretch.html\)](#)
[Supine Twist - Advanced \(/supine-twist---advanced.html\)](#)
[Supine Twist - Beginner \(/supine-twist---beginner.html\)](#)



If you experience pain aggravated by **EXTENSION** (walking, standing) or suffer from Intermittent Leg Dominant Pain (neurogenic claudication) these exercises may benefit your condition.

Positions of Relief

[Sitting Flexion \(/sitting-flexion.html\)](#)
[Knee to Chest \(/knee-to-chest.html\)](#)
[Prayer Stretch \(/prayer-stretch.html\)](#)

Flexion Exercises

[Curl-ups \(/curl-ups.html\)](#)
[Pelvic Tilt \(/pelvic-tilt.html\)](#)
[Cat/Camel \(/catcamel.html\)](#)
[Dead Bug \(/dead-bug.html\)](#)
[Modified Dead Bug \(/modified-dead-bug.html\)](#)

Stretches

[Adductor Stretch - Seated \(/adductor-stretch---seated.html\)](#)
[Calf Stretches \(/calf-stretches.html\)](#)
[Hamstring Stretches \(/hamstring-stretches.html\)](#)
[Figure 4 Stretch \(/figure-4-stretch.html\)](#)