

PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.



Repeat 3 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Lower leg and arm down and then repeat with opposite side.



Maintain a level and stable pelvis and spine the entire time.

Repeat 10 Times
 Hold 3 Seconds
 Complete 2 Sets
 Perform 1 Time(s) a Day

SUPINE HIP ABDUCTION - ELASTIC BAND CLAMS - CLAMSHELL

Lie down on your back with your knees bent. Place an elastic band around your knees and then draw your knees apart.



Repeat 10 Times
 Hold 3 Seconds
 Complete 2 Sets
 Perform 1 Time(s) a Day



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

Repeat 5 Times
Hold 15 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



MEDICINE BALL BRIDGE

While lying on your back, raise your buttocks off the floor/bed while holding a medicine ball between your knees as shown.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

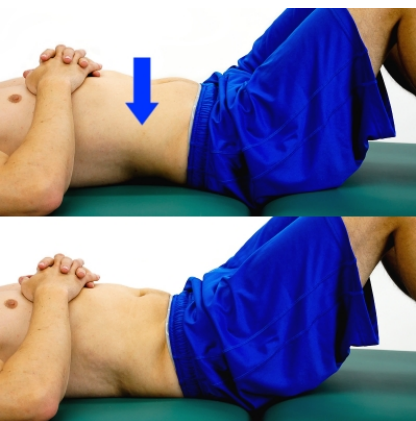


PRONE ALTERNATE ARM AND LEG

While lying face down and keeping your lower abdominals tight, slowly raise up an arm and opposite leg. Slowly lower and then raise the opposite side.

Do not allow your spine to move the entire time.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

HIP FLEXION ISOMETRIC - ALTERNATING

While lying on your back, raise up your knee and press it into your hand. Then, return to the original position and repeat on the other side.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



The bottom leg can be bent to stabilize your body.

HIP ABDUCTION - STANDING

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Repeat 15 Times
Hold 0 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



Use your arms for support if needed for balance and safety.