



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your abdominal muscles should be engaged while you do this. Your pelvis should tilt forward and back during the movement.



Place your hand in the small of your back. You should feel your back flatten against your hand when you perform the pelvic tilt. Video # VVHBZ4XN3

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day

BRACE SUPINE MARCHING

While lying on your back with your knees bent, squeeze your abdominal muscles. Perform a pelvic tilt. Next, while performing the pelvic tilt, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Make sure your core muscles stay engaged the entire time. Video # VVQK9AVP5



Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day

SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.



Do not let your pelvis roll back during the lifting movement.

*Do this exercise on BOTH sides. Video # VVZLS2CSB



Repeat 15 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day



Supine Deadbug

Laying on your back with arms and legs extended toward the ceiling, slowly lower the left leg and right arm at the same time. Return to neutral and repeat for the right leg and left arm.

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day

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. Video # VV2PBUD23



Repeat 3 Times
Complete 1 Set

Hold 20 Seconds
Perform 1 Times a Day

STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. □ Make sure to keep your knee straight the entire time. Video # VVBVU5P69



Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time. Video # VVYXQ3QHJ



Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

HIP ADDUCTION - SIDELYING

While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

Your top leg should be bent at the knee and your foot planted on the ground supporting your body. Video # VV2ZBYYNW



Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat. Video # VVTJZ7GYR



Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day





COUNTER TOP - SQUAT

While standing next to a sink, hold on to the counter top **LIGHTLY** with your feet shoulder-width apart.

Bend your knees and lower your body towards the floor. Your body weight should be directed through the heels of your feet. Return to a standing position.

Your knees should **NOT** pass over your toes. Stand close enough to the countertop so that your knees cannot overlap your toes. Video # VVV28ARN9

Repeat 15 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day



HIP HIKES

While standing up on a step (such as your staircase), lower one leg downward towards the floor by tilting your pelvis to the side.

Then return the pelvis/leg back to a leveled position.

*Do this exercise on **BOTH** sides.

Repeat 15 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day



MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

Next, bend your knees and step forward while keeping tension on the band the entire time. After taking several steps forward, reverse the direction taking steps back until you return to the starting position. Repeat. Video # VVUDA3SU5

Repeat 1 Time

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side. Video # VV9R6CRWF

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times 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. Video # VVQGB3WMY

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



PIRIFORMIS STRETCH - MODIFIED

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder. □

*Do this exercise on BOTH sides. Video # VVGWM3ZAP

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day