



## 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

Hold 1 Second

Complete 2 Sets

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

Hold 20 Seconds

Complete 1 Set

Perform 1 Times a Day

### BRIDGING WITH PILLOW SQUEEZE

While lying on your back, place a pillow between your knees and squeeze the pillow. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body. Video # VV66NMZ9H



Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



### HIP EXTENSION - STANDING

While standing, balance on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed.

\*Do this exercise on BOTH sides. Video # VVTS2N85T

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



### 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.

Use your arms for support if needed.

\*Do this exercise on BOTH sides. Video # VVVVJJHEQ

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



### HIP FLEXION - STANDING - SLR

While standing on one leg, lift your other leg forward with a straight knee as shown. Return to starting position and repeat.

Use your arms for support if needed.

\*Do this exercise on BOTH sides. Video # VVEGVS279

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



### Side lunge

Begin standing straight

Take a large step to your right side as you bend at the knee and hinge at the hip of your right leg. Left leg stretched as shown in the picture.

As you put more weight into your right leg and buttock, stand up to balance on your left. Repeat 10 times and then switch legs.

\*Make sure your knee does not go over your toes.

Repeat 10 Times

Complete 2 Sets

Perform 1 Times a Day



### LATERAL MONSTER WALK - ELASTIC BAND AT THIGHS

Place a looped elastic band around both thighs.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat. Video # VV3RQ782L

Repeat 15 Times

Complete 3 Sets

Hold 1 Second

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