

**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

## 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 2 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 your leg stays completely straight. Video # VVBVU5P69



Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times 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.

The bottom leg can be bent to stabilize your body. Video # VV4R4FB65



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 PILLOW SQUEEZE - SUPINE HOOKLYING

Lie on your back with knees bent.

Place a folded pillow between your knees and press your knees together so that you squeeze the pillow firmly. Hold and then release and repeat. Video # VVZ26LRHV



Repeat 10 Times  
Complete 1 Set

Hold 5 Seconds  
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

## 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