



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

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



LONG ARC QUAD - LAQ - HIGH SEAT

While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown. □ Make sure you are contracting your quad when you are performing the motion. Video # VVPMTJJBW

Repeat 20 Times
Complete 3 Sets

Hold 1 Second
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
Complete 3 Sets

Hold 1 Second
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



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



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 2 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