

DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

Video # VVSHPUFNG



Repeat	1 Time
Hold	10 Seconds
Complete	3 Sets
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	1 Time
Hold	10 Seconds
Complete	3 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	1 Time
Hold	30 Seconds
Complete	3 Sets
Perform	1 Times a Day



SIT TO STAND - NO SUPPORT

Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

Video # VVUS3WVRC

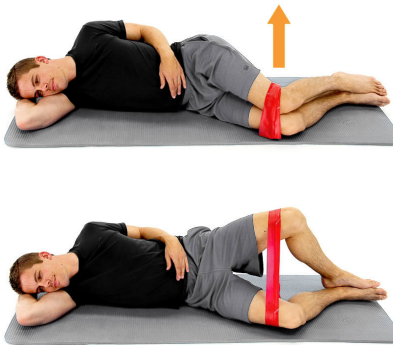
- Repeat** 10 Times
- Hold** 1 Second
- Complete** 3 Sets
- Perform** 1 Times a Day



STEP UP

Start by standing in front of a step/step stool with both feet on the floor. Step forward up the step with one leg and then the other leg. Return to starting position taking a step back towards the floor leading with the same leg.

- Repeat** 10 Times
- Hold** 1 Second
- Complete** 3 Sets
- Perform** 1 Times a Day



ELASTIC BAND - SIDE LYING CLAM SHELL - CLAMSHELL

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

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

Video # VVAXMF43U

- Repeat** 3 Times
- Hold** 1 Second
- Complete** 10 Sets
- Perform** 1 Times a Day



BRIDGING ELASTIC BAND ABDUCTION

While lying on your back, place an elastic band around your knees and pull your knees apart. Hold this and then tighten your lower abdominal muscles, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Video # VV8ALBC85

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, tighten/brace at your abdominal muscles and then slowly lift a leg and opposite arm upwards. Your hip will move into hip extension on the way up. Lower leg and arm down and then repeat with opposite side.

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

Video # VVE7C35B7

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Video # VVAKQPLG3

Repeat 1 Time
Hold 10 Seconds
Complete 3 Sets
Perform 1 Times a Day