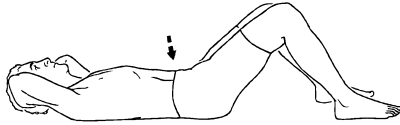


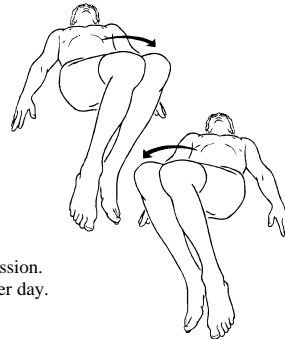
BACK - 22 Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks.
Repeat 20 times per set. Do 2 sets per session.
Do 1 sessions per day.

BACK - 35 Lumbar Rotation (Non-Weight Bearing)

Feet on floor,
slowly rock knees
from side to side
in small, pain-free
range of motion.
Allow lower back
to rotate slightly.



Repeat 15
times per set.
Do 2 sets per session.
Do 1 sessions per day.

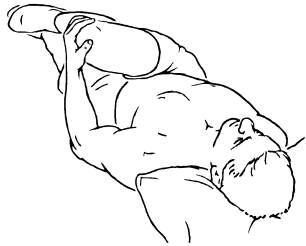
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg.
Hold 30 seconds. Repeat to opposite side.

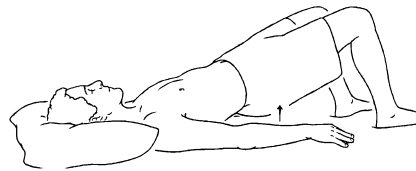
Do 3 sets per session.
Do 1 sessions per day.

HIP / KNEE - 66 Knee to Chest



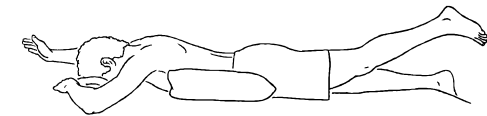
Pull right knee toward opposite shoulder. Hold 30 seconds. Relax.
Do 2 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 9 Bridging



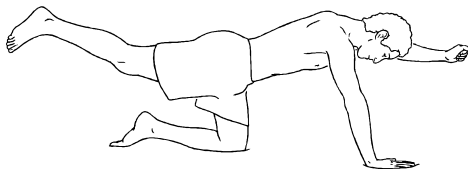
Slowly raise buttocks from floor, keeping stomach tight.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 18 Opposite Arm / Leg Lift (Prone)



Abdomen and head supported, left knee locked, raise leg and opposite arm 4 inches from floor.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 20
Upper / Lower Extremity Extension (All-Fours)



Tighten stomach and raise right leg and opposite arm. Keep trunk rigid. Repeat to opposite side.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 34 Stretching: Hip Flexor

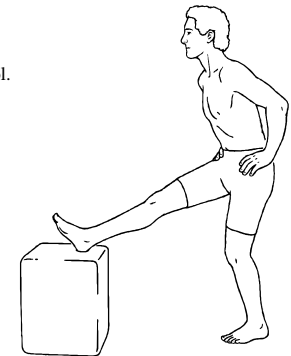


Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip.
Hold 30 seconds.

Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh.
Hold 30 seconds.

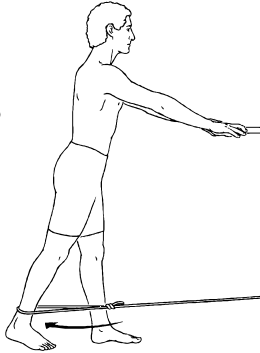


Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 28 Strengthening: Hip Extension – Resisted

With tubing around right ankle, face anchor and pull leg straight back. Repeat to opposite side.

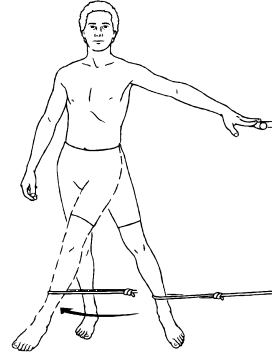
Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.



HIP / KNEE - 26 Strengthening: Hip Adduction – Resisted

With tubing around left leg, bring leg across body. Repeat to opposite side.

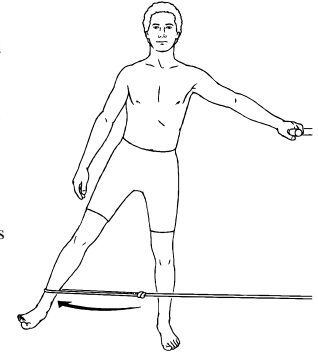
Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.



HIP / KNEE - 27 Strengthening: Hip Abduction – Resisted

With tubing around right leg, other side toward anchor, extend leg out from side. Repeat to opposite side.

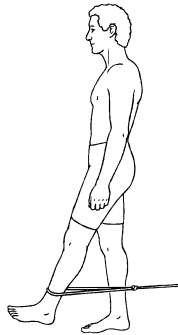
Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.



HIP / KNEE - 29 Strengthening: Hip Flexion – Resisted

With tubing around left ankle, anchor behind, bring leg forward, keeping knee straight. Repeat to opposite side.

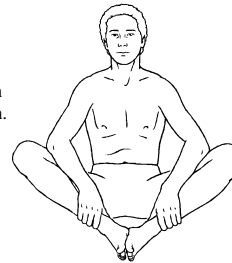
Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.



HIP / KNEE - 32 Stretching: Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold 30 seconds.

Do 2 sets per session.
 Do 1 sessions per day.



HIP / KNEE - 36 Stretching: Tensor

Cross right leg over the other, then lean to same side until stretch is felt on other hip. Hold 60 seconds.

Do 2 sets per session.
 Do 1 sessions per day.

