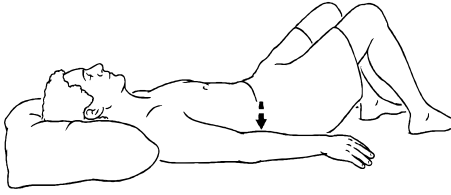


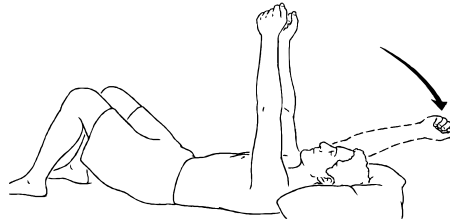
TRUNK STABILITY - 4 Posterior Pelvic Tilt



Lying on back with knees bent, tighten stomach by drawing your belly button into the ground. Hold 5 seconds.

Repeat 10 times per set. Do 2 sets per session.  
Do 1 sessions per day.

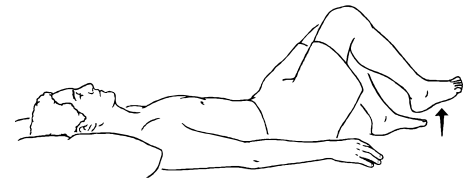
TRUNK STABILITY - 5 Extremity Flexion (Hook-Lying)



Tighten stomach and slowly lower right arm over head until back begins to arch. Keep trunk rigid. Repeat with left arm.

Repeat 20 times per set. Do 2 sets per session.  
Do 1 sessions per day.

TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise right leg 2 inches from floor. Keep trunk rigid. Hold 5 seconds. Repeat with left leg.

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

SPINAL MOBILIZATION - 26 Lumbar Rotation: Caudal - Bilateral (Supine)



Feet and knees together, arms outstretched, rotate knees left/right, turning head in opposite direction, until stretch is felt. Hold 30 seconds. Relax.

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

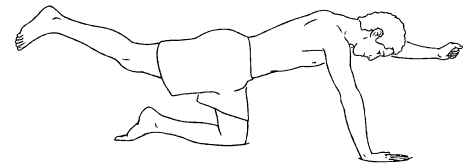
HIP / KNEE - 48 Piriformis (Supine)



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 with opposite leg. \*May be easier to wrap towel around thigh and pull with your hands\*

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

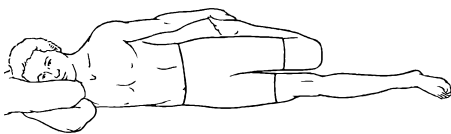
TRUNK STABILITY - 20 Upper / Lower Extremity Extension (All-Fours)



Tighten stomach and raise right leg and opposite arm. Keep trunk rigid. Then raise left leg and opposite arm.

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

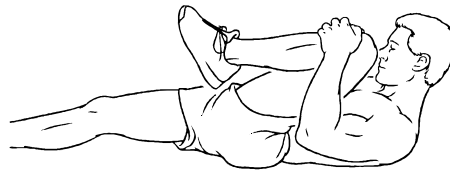
BACK - 32 Quadriceps Stretch



Pull left heel in toward buttocks until a comfortable stretch is felt in front of thigh. Hold 30 seconds. Repeat on opposite side.

Repeat 3 times per set. Do 2 sets per session.

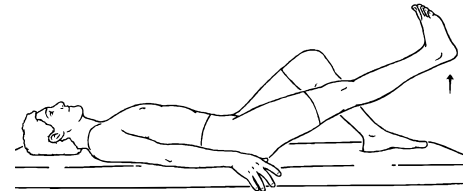
BACK - 82 Knee-to-Chest: with Neck Flexion Stretch (Supine)



Pull left knee to chest, tucking chin and lifting head. Hold 30 seconds. Relax. Repeat to opposite side.

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

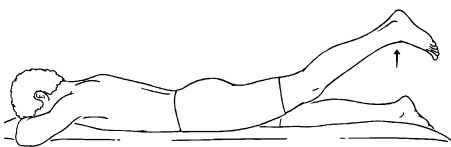
HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



Tighten muscles on front of affected thigh, then lift leg 6 inches from surface, keeping knee locked. Repeat on opposite side.

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

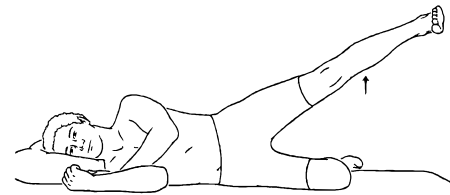
HIP / KNEE - 20 Strengthening: Hip Extension (Prone)



Tighten muscles on front of affected thigh, then lift leg as far as you can while keeping knee locked. Repeat on opposite side.

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

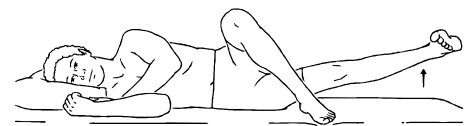
HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of affected thigh, then lift leg 6 inches from surface, keeping knee locked. Repeat to opposite side.

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

HIP / KNEE - 22 Strengthening: Hip Adduction (Side-Lying)

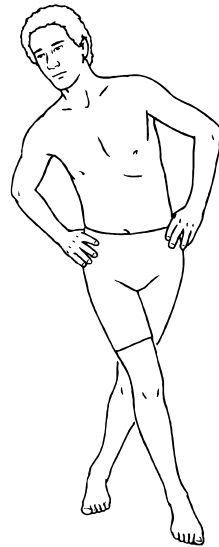


Tighten muscles on front of affected thigh, then lift leg 3 inches from surface, keeping knee locked. Repeat on opposite side.

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

HIP / KNEE - 36 Stretching: Tensor

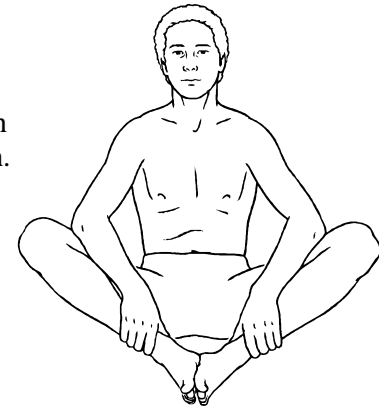
Cross non-affected leg over the other, then lean to affected side until stretch is felt on other hip. Hold 60 seconds.



Do 1 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.



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