

**Pelvic Tilt Clocks**

**Sets:** 1 **Reps:** 20 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Position: In hook lying position (on your back with feet flat on floor/bed). Movement: Move your hip bones (pelvis) from 12:00 (your head) to 6:00 (your feet). Then move from 3:00 to 9:00. Eventually work your way from each number to the opposite number on clock and then move in full circles clockwise and counterclockwise. Tips: This movement will be small and take focus

**Cat Camel**

**Sets:** 1 **Reps:** 20 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Begin on your hands and knees with your hands below your shoulders and your knees below your hips. Arch the upper portion of your back as much as you can while bringing your head toward your chest. Return to starting position, and immediately arch the lower portion of your spine so that your stomach comes toward the floor while simultaneously raising your head. Repeat as directed.

**Postural Correction in Unsupported Sitting**

**Sets:** 1 **Reps:** 20 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Sit on a stool or sideways on a chair and allow yourself to slouch completely. Slowly draw yourself upwards, imagining that there is a string attached to the top of your head pulling you directly upward. Be sure that your ears, shoulders, and hips are all in line. Hold as directed. Relax, and repeat as directed.

**Lower Trunk Rotations**

**Sets:** 1 **Reps:** 20 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Lie with both feet placed flat on the supporting surface and knees bent. Keeping your shoulders flat on the surface, allow your knees to slowly fall together to the side, rotating at your lower back as you do so. Return to the starting position and then allow them to slowly fall to the opposite side. Repeat as directed.

**Standing Hip Internal and External Rotations on Stool**

**Sets:** 1 **Reps:** 20 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Begin standing with the knee of the leg to be exercised bent and the top of the foot resting on a stool behind you. While keeping your body facing forward, use your leg to slowly bring the stool outward and inward in a semi-circular arc. Repeat as indicated

**Closed Chain Hip External Rotation with Stick**

**Sets:** 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Begin standing with your hands on a stable surface. Lift the leg to be exercised and place it on the inside of the opposite leg. Rotate at the hip so that your knee moves to the side. Return to starting position. Repeat as directed.

**Comments:** Go both ways with the knee

**Book Opener with Cervical Spotting**

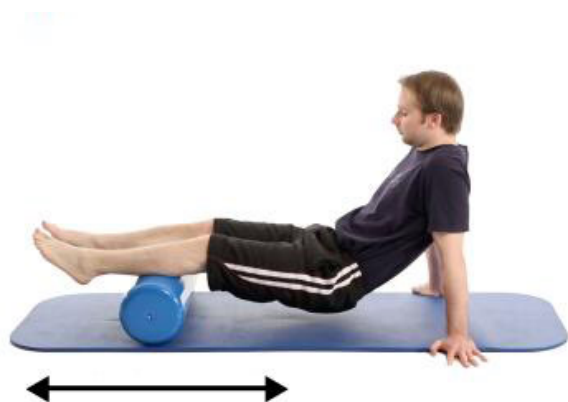
**Sets:** 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Starting Position: Begin by lying on your side with knees bent and your hands together, directly in front of you. Movement: Slowly lift your top arm toward the ceiling, rotating through your chest in order to reach as far behind you as possible. Make sure you follow your arm movement with your head and keep your eyes focused on your hand throughout the entire exercise. Tip: Keep the arm you are reaching with straight throughout the entire exercise.

**Piriformis Foam Rolling**

**Sets:** -- **Reps:** -- **Resistance:** -- **Hold:** 2-3 min **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Starting Position: -Sit on a foam roller on the floor with your knees bent and your feet flat. To roll out your RIGHT hip cross your RIGHT leg over your LEFT knee. Place your RIGHT hand on the floor behind you and your LEFT hand on the shin of your RIGHT leg for support. Movement: -Shift your weight onto your right hip. Find a tender point and oscillate on that spot for 30-60 seconds then move onto another tender point. Repeat as prescribed.

**Calf Mobilization with Foam Roller**

**Sets:** -- **Reps:** -- **Resistance:** -- **Hold:** 2-3 min **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Begin by sitting on the floor and placing foam roller under your lower calves. Next, put your hands flat on the ground next to your hips. Lift your body off the floor and slowly move your body forwards and backwards so that the foam rolls along your calf muscles. Perform this forward and backwards motion by flexing/extending your shoulders. You may apply pressure down against the foam roller as tolerated. Hold and repeat this motion as directed.

**Supine Hip Internal Rotation Stretch**

**Sets:** 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Lie on your back with knees bent. Cross one leg over the other, then use the top leg to gently press the bottom knee downward, keeping the knees both bent. Keep your hips on the surface. Hold for the specified period of time.

**Seated Figure 4 Stretch**

**Sets:** 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

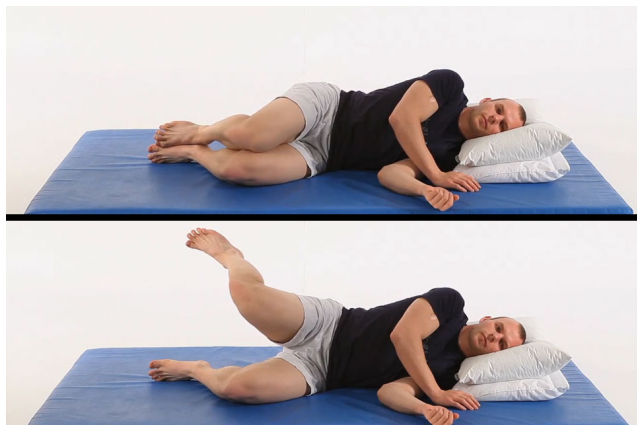
**Description:** Starting Position: Begin seated near the edge of a chair so that your hips and knees are parallel 90/90 degrees to the floor. Movement: Perform the stretch by crossing one leg over the other and resting the ankle of the top leg on the top of the other knee. Use your arm to press down the crossed leg towards the floor. You should feel a stretch in your glute area. Hold and repeat as prescribed.

**Comments:** Can also do lying down

**Clamshells**

**Sets:** 2 **Reps:** 10 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Begin by lying on your side with the side you intend to exercise upwards. With your knees bent and feet together, slowly pull your knees apart, keeping your feet together. Hold as directed. Slowly bring your knees back together. Repeat as directed.

**Clamshells with Internal Rotation**

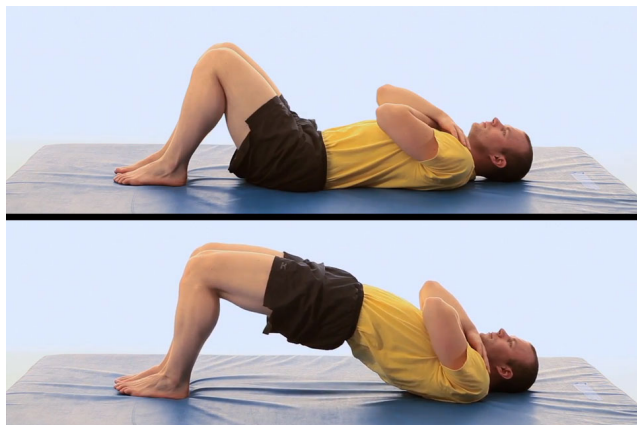
**Sets:** 2 **Reps:** 10 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Begin by lying on your side with the side you intend to exercise upwards. With your knees bent and feet together, slowly pull your knees apart keeping your feet together. Once knee is lifted, lift your top foot up towards the ceiling keeping your knees separated. Slowly bring the feet back together then bring the knees together. Repeat as directed.

**Glute Set**

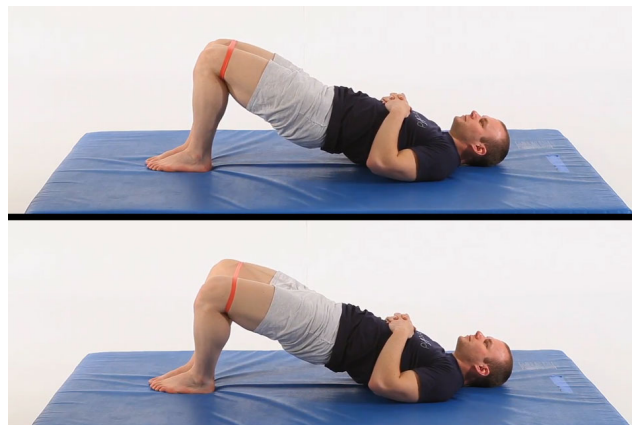
**Sets:** 2 **Reps:** 10 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Begin by lying on your back. Slowly squeeze your buttock muscles together. Hold for prescribed amount of time, relax and repeat. Continue as directed.

**Bridges**

**Sets:** 2 **Reps:** 10 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Begin by lying with knees bent and both feet placed on the floor with arms at your sides. Raise your hips off the surface by squeezing your gluteal muscles. Attempt to bring the hips up to where they are in line between the knees and shoulders. Repeat as directed.

**Bridge With Resisted Clamshell**

**Sets:** 2 **Reps:** 10 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Begin by lying with knees bent and both feet placed on the floor with arms at your sides and an exercise band tied around your thighs. Raise your hips off the surface by squeezing your gluteal muscles. Attempt to bring the hips up to where they are in line between the knees and shoulders. From this position, slowly pull your knees apart. Slowly allow knees to return to starting position. Repeat as directed.



**Bridges with Marches**

**Sets:** 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Begin by performing a bridge, lifting your hips off the floor. While holding the bridge, alternate lifting your feet off the ground keeping your knees bent as if marching in place. Repeat as directed.

**Quadruped Hip Extension**

**Sets:** 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Starting Position: Begin in quadruped / 'all fours' position. Movement: Engage your core and lift one leg straight backwards until it is straight, in-line with your trunk. Focus on activating your glute muscle. Return to the starting position and alternate legs. Tip: DO NOT LET YOUR LOW BACK ARCH. Keep your neck in neutral with a light chin tuck.

**Squats with Medicine Ball Press Out**

**Sets:** 2 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

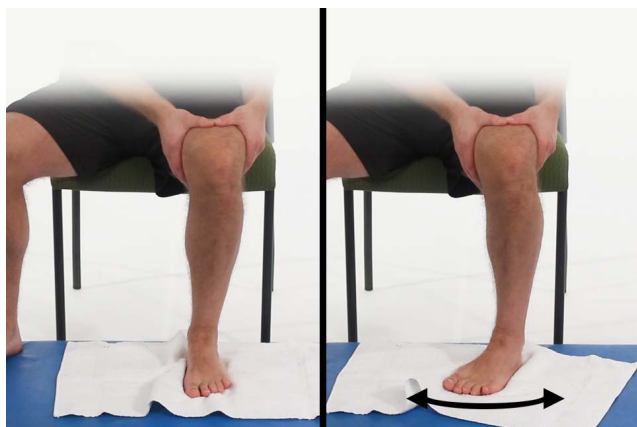
**Description:** Begin standing with your feet at shoulder width apart holding a medicine ball in your hands. Slowly perform a squat by keeping your back straight and bending at your knees and hips, lowering your body down as if you were going to sit in a chair. Try to keep your knees from going past your toes. Simultaneously press out forward with the medicine ball. Return to starting position. Repeat as directed.

**Comments:** Hold medicine ball, kettle bell, dumbbell

**Standing Soleus Stretch**

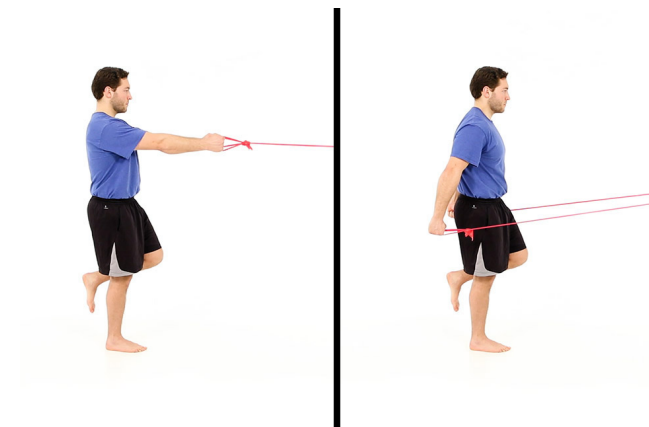
**Sets:** 1 **Reps:** 3 **Resistance:** -- **Hold:** 30 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Begin by standing with the leg you wish to stretch behind the other. While holding on to a stable surface, gently bend both knees and squat downwards, leaning backwards slightly. Make sure to keep your heel firmly planted on the ground. Continue until you feel a stretch in your calf. Hold as directed. Repeat as directed.

**Ankle Inversion and Eversion on Towel**

**Sets:** 1 **Reps:** 20 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Starting Position: Begin sitting in chair with your foot flat on the floor resting on a towel. Movement: Slowly move your foot left and right while keeping your heel in the same position. Tip: Do not allow your thigh to move left and right, use your hands to stabilize your knee.

**SLS with Resisted Shoulder Extension**

**Sets:** 1 **Reps:** 10 **Resistance:** -- **Hold:** 10 sec **Rest:** -- **Times Per Day:** --  
**Times Per Week:** --

**Description:** Starting Position: Anchor a band in front of you at chest height. Hold onto the ends with both hands. Movement: Shift your weight onto one leg and maintain your balance. Keep your core engaged and your gluteal muscle on the stance side. Lock your shoulder blades down and back as you pull the band backwards keeping your arms straight the whole time. Tip: Maintain a light chin tuck to maintain a neutral neck position.