



POSTERIOR PELVIC TILT

Lie on your back on a firm surface with knees comfortably bent (top picture). Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture). □

Do not complete if painful and replace with ABDOMINAL BRACING

Repeat 10 Times

Hold 5 Seconds

Perform 2 Times



LOWER TRUNK ROTATIONS - LTR - WIG WAGS - KNEE ROCKS

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. *****Use your stomach muscles to move legs.

Repeat 10 Times

Hold 2 Seconds

Complete 2 Sets

Perform 2 Times a Day



BRACE SUPINE MARCHING

While lying on your back with your knees bent, slowly raise up one foot a few inches and then set it back down. Next, perform on your other leg. Use your stomach muscles to keep your spine from moving. (Pull your belly button into your spine)

Repeat 10 Times

Hold 2 Seconds

Complete 1 Set

Perform 2 Times a Day

STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.



Repeat 10 Times
Complete 1 Set

Hold 2 Seconds
Perform 2 Times a Day

HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg towards the sky. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.



The bottom leg can be bent to stabilize your body.

Repeat 10 Times
Complete 1 Set

Hold 2 Seconds
Perform 2 Times a Day

SIDE LYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat.



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



Repeat 10 Times
Complete 1 Set

Hold 2 Seconds
Perform 2 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. Only lift arms if arms/legs cause excessive arching of back and/or pain.

Repeat 10 Times
Complete 2 Sets

Hold 5 Seconds
Perform 2 Times a Day

BRIDGE - BRIDGING



While lying on your back with knees bent, tighten your lower abdominal muscles, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times
Complete 2 Sets

Perform 1 Times a Day

