



STRETCH - Figure 4

Start in a supine position, one leg bent with foot flat on the bed/floor, and the other leg crossed over the knee. Gently push the knee of the crossed leg forward until a strong yet pain-free stretch is felt. Hold for 30 seconds then release. Repeat as many sets as instructed, then switch sides and repeat.

Repeat 1 Time
 Hold 30 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day



Piriformis Stretch

Cross foot on opposite knee and pull leg towards opposite shoulder until a gentle stretch is felt across the buttock. Do not stretch aggressively.

Repeat 1 Time
 Hold 30 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

The bottom leg can be bent to stabilize your body.

Place your hand on your pelvis (the top one). Make sure it stays put; if you feel your pelvis tipping into your back, you are lifting your leg too high.

Make sure your leg stays in the same place as your trunk and do not let your foot turn out.

Repeat 20 Times
 Hold 1 Second
 Complete 1 Set
 Perform 2 Time(s) a Day





Clamshells

Lay on side with hips in neutral position: knees at a 90-degree angle, hips in line with knees. Keeping ankles together, raise top towards the ceiling pivoting at the hip. Return to start. To increase resistance add a cuff weight around the lateral thigh or apply elastic band slightly above both knees.

Repeat 30 Times
Hold 1 Second
Complete 1 Set
Perform 2 Time(s) a Day



Sumo Walk

Place a band around ankles, maintain a partial squat and step sideways. Take 20 steps to your left, then 20 steps to your right.

Make sure both feet are pointed forward throughout the entire exercise.

Perform 2 Time(s) a Day