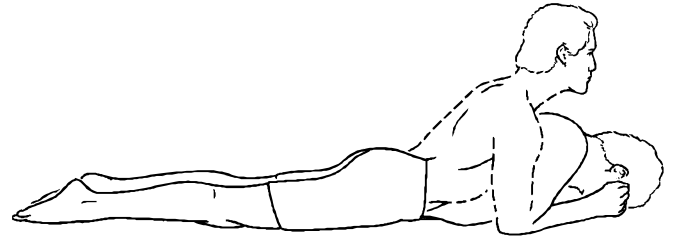


Repeat all exercises on the alternate side. Stop any exercises that cause shooting pain or numbness. If the muscles are tight, try the exercises as appropriate under a warm shower. Apply ice for 15 minutes after exercises.

BACK - 1 On Elbows (Prone)



Rise up on elbows as high as possible, keeping hips on floor. Hold 5 seconds.

Repeat 2-5 times per set. Do 2 sets per session. Do 2 sessions per day.

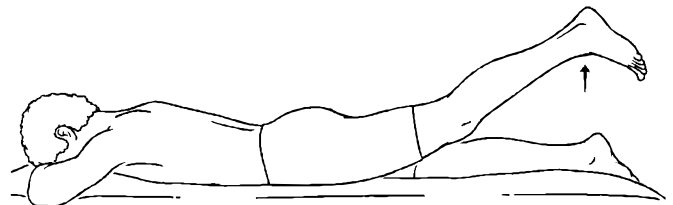
BACK - 7 Gluteal Sets



Tighten buttocks while pressing pelvis to floor. Hold 5-10 seconds.

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

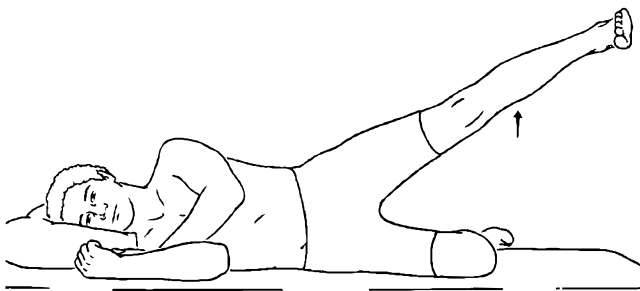
HIP / KNEE - 20 Strengthening: Hip Extension (Prone)



Tighten muscles on front of right thigh, then lift leg 4-6 inches from surface, keeping knee locked.

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

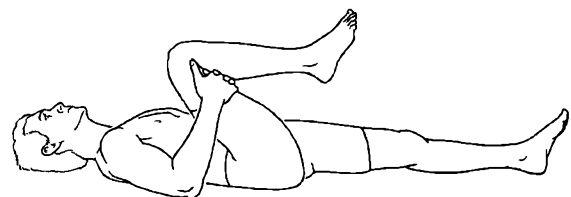
HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of right thigh, then lift leg 12 inches from surface, keeping knee locked.

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

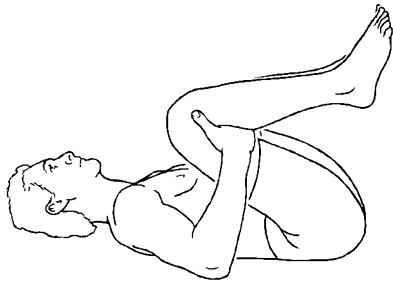
BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5-10 seconds.

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

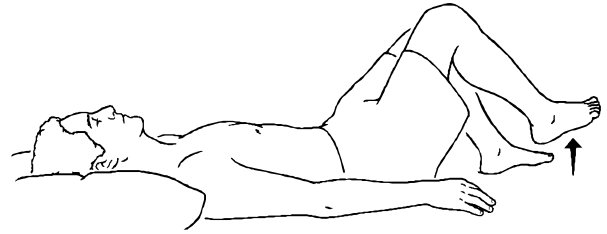
BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5-10 seconds.

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

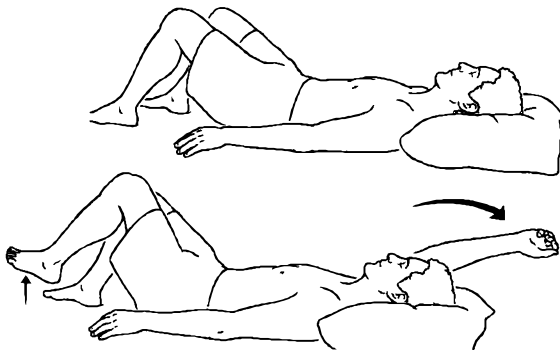
TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise right leg 2-3 inches from floor. Keep trunk rigid. Hold 5-10 seconds.

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

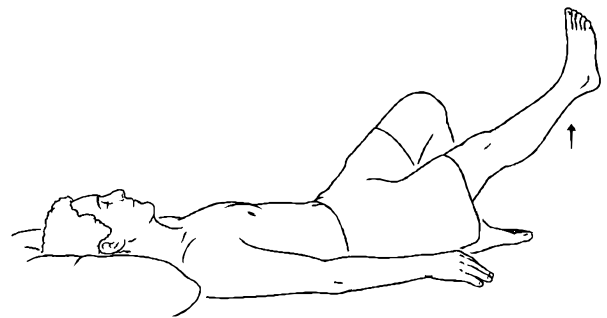
TRUNK STABILITY - 7 Combination (Hook-Lying)



Tighten stomach and slowly raise right leg and lower opposite arm over head. Keep trunk rigid.

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

TRUNK STABILITY - 12 Straight Leg Raise



Tighten stomach and slowly raise locked right leg 12 inches from floor.

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

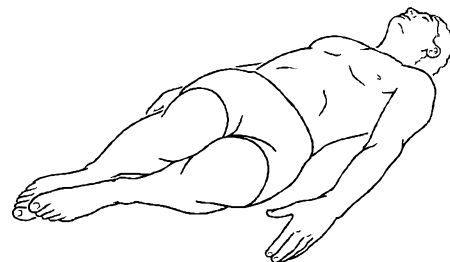
TRUNK STABILITY - 24 Isometric Gluteals



Tighten buttock muscles.

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

BACK - 16 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to right side. Hold 10 seconds.

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

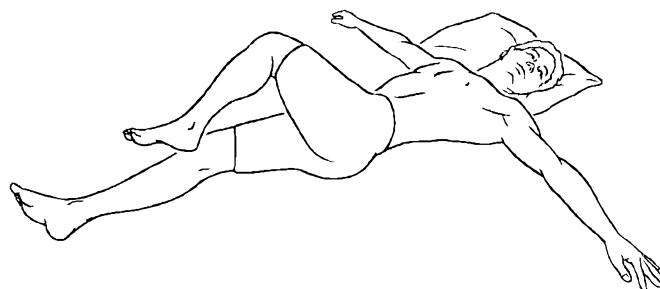
HIP / KNEE - 51 Hip Abduction / Adduction:
with Knee Flexion (Supine)

With right knee bent, gently lower knee to side and return.



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

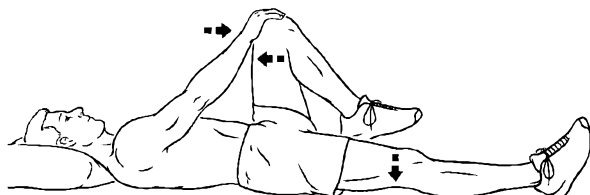
BACK - 54 Lumbar Rotation Stretch



Lie on back with right knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold 5-10 seconds.

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

BACK - 93 Pelvic Rotation: Contract / Relax (Supine)

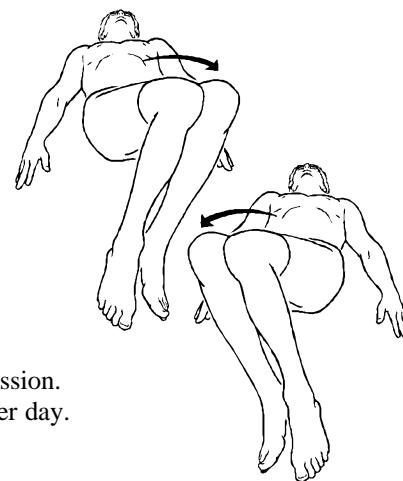


Hands against right knee, resist bent leg moving toward head. Press straight leg down. Hold 10 seconds. Relax.

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

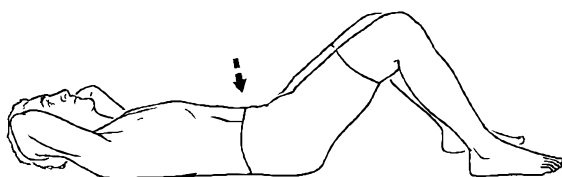
BACK - 35 Lumbar Rotation (Non-Weight Bearing)

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



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

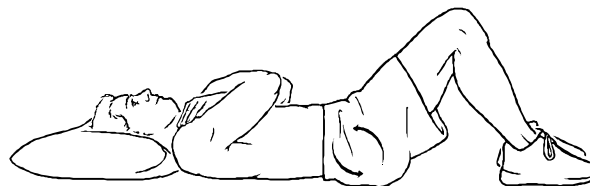
BACK - 22 Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks.

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

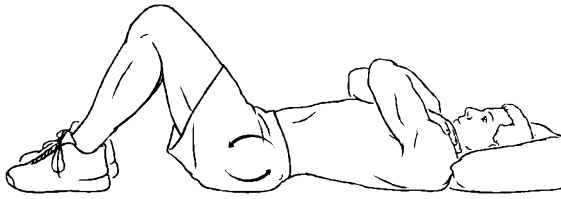
BACK - 56 Pelvic Tilt: Posterior – Legs Bent (Supine)



Tighten stomach and flatten back by rolling pelvis down. Hold 5-10 seconds. Relax.

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

BACK - 61 Pelvic Tilt: Anterior – Legs Bent (Supine)



Rotate pelvis up and arch back. Hold 10 seconds. Relax.
Repeat 10 times per set. Do 2 sets per session.
Do 2 sessions per day.