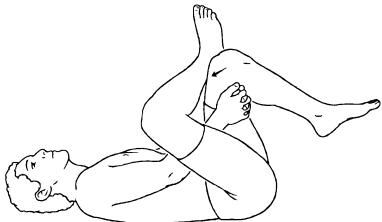




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#### Stretching: Piriformis (Supine)



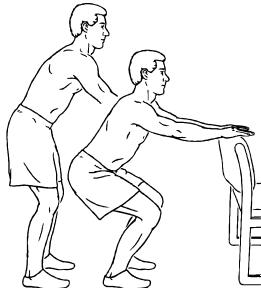
Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 30 seconds.

Repeat 3 times per set. Do 1 sets per session. Do 1 sessions per day.

#### Chair Squat

Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary.

Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.



#### Hip Lift

Cross right leg over the left knee. Push through your left heel to lift your pelvis to a neutral position. Focus on squeezing your left glute muscle. Lower down and relax your glute completely after each rep. Perform 2 sets of 10 on each side.



#### Stretching: Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh. Hold 30 seconds.

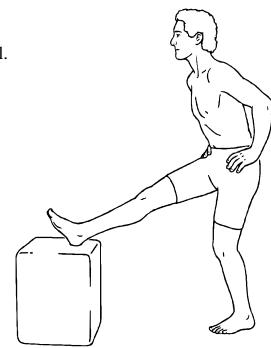
Repeat 3 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



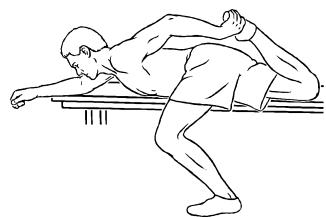
#### Stretching: Hamstring (Standing)

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 30 seconds.

Repeat 3 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



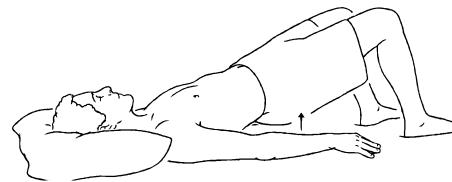
#### Stretching: Quadriceps – Advanced



Lie along edge of table, right knee bent up, other foot on floor. Using hand or belt, pull heel toward buttock. Hold 30 seconds. Relax.

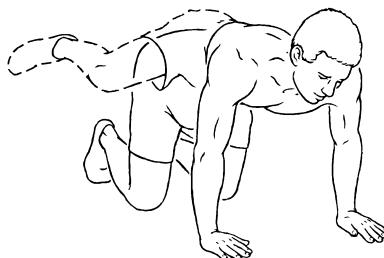
Repeat 3 times per set. Do 1 sets per session. Do 1 sessions per day.

#### Bridging



Slowly raise buttocks from floor, keeping stomach tight. Repeat 10 times per set. Do 3 sets per session. Do 1 sessions per day.

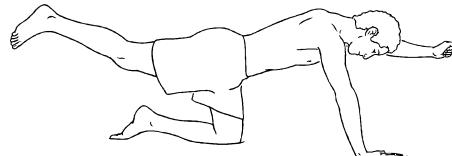
#### Hip Abduction (All-Fours)



Keeping knee bent, lift right hip out to side.

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

#### Upper / Lower Extremity Extension (All-Fours)

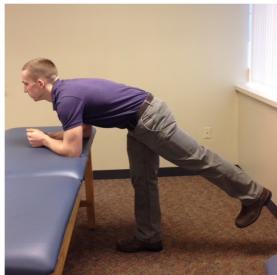


Tighten stomach and raise right leg and opposite arm. Keep trunk rigid.

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

#### Pivot Prone Hip Extension

Start by leaning forward on a table, weight on your elbows. Tighten your stomach and lift your left leg behind by tightening your left glute. Pause 1 sec and return to start position. Avoid arching your back or rotating your hips.



#### Sidelying Clamshell



Start by lying on your left side, with your knees bent. Put your right leg on top of the left with the feet together. Maintain a neutral spine. Don't let the top hip move backwards.

From this position, raise your knee slowly using your gluteus medius. Hold it on top position for 5 seconds. Slowly lower it back. Do 15-20 repetitions