

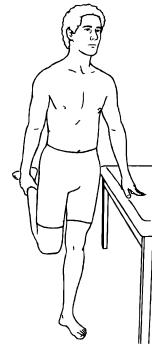


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Stretching: Quadriceps (Standing)

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

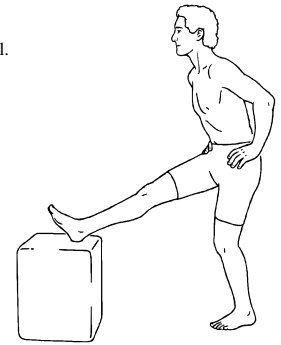
Repeat 3 times per set.
Do 1 sets per session.
Do 1 sessions per day.



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.



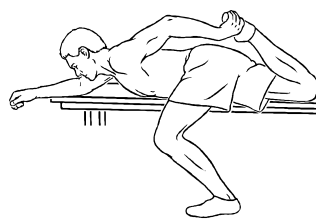
Stretching: Piriformis (Supine)



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.

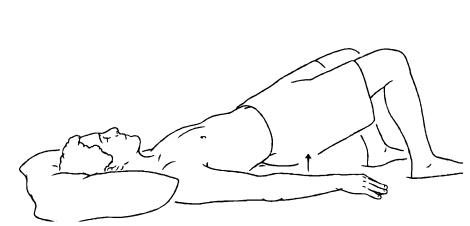
Stretching: Quadriceps – Advanced



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

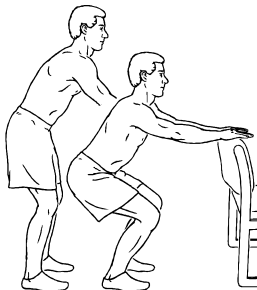


Slowly raise buttocks from floor, keeping stomach tight.

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

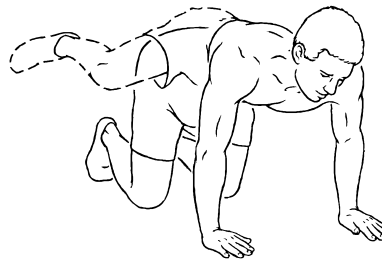
Chair Squat

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.

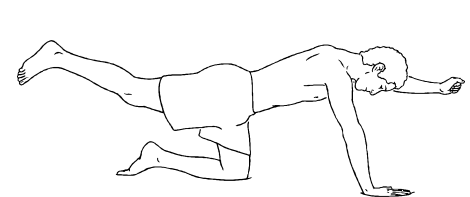
Hip Abduction (All-Fours)



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)

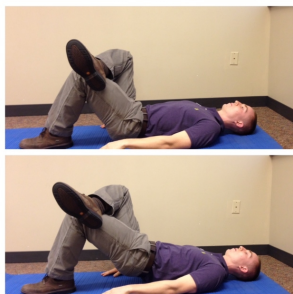


Tighten stomach and raise right leg and opposite arm. Keep trunk rigid.

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

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.



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