

COMMENTS:

All of these exercises should be performed at a "light to medium" level of intensity. You should not be feeling any increase in pain during or after the exercises. If you do, please discontinue the exercise.

1



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, 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
Hold 5 Seconds
Complete 1 Set
Perform 1 Times a Day
Video # VVTJZ7GYR

2

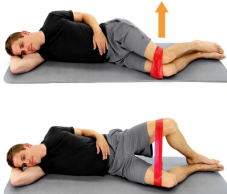


SUPINE HIP ABDUCTION - ELASTIC BAND CLAMS - CLAMSHELL

Lie down on your back with your knees bent. Place an elastic band around your knees and then pull your knees apart.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Times a Day
Video # VVMLPWCBG

3



ELASTIC BAND - SIDELYING CLAM SHELL - CLAMSHELL

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

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

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Times a Day
Video # VVAXMF43U

4



LATERAL MONSTER WALK - ELASTIC BAND AT THIGHS

Place a looped elastic band around both thighs.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day
Video # VV3RQ782L

5



LOOPED ELASTIC BAND HIP ABDUCTION

While standing with an elastic band looped around your ankles, move the target leg out to the side as shown.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Times a Day
Video # VV4M4X75N

6



LOOPED ELASTIC BAND HIP EXTENSION

While standing with an elastic band looped around your ankles, move the target leg back as shown.

Keep your knees straight the entire time.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day
Video # VVQY5CBKS