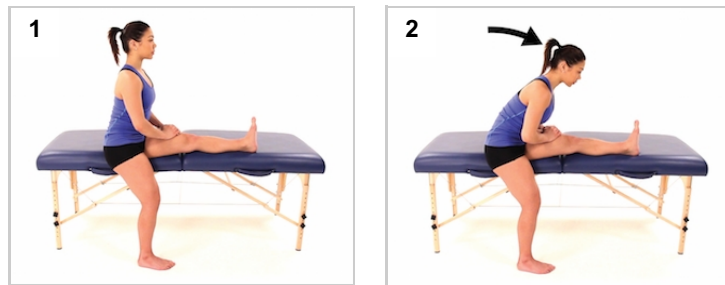


## Seated Table Hamstring Stretch

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

### Movement

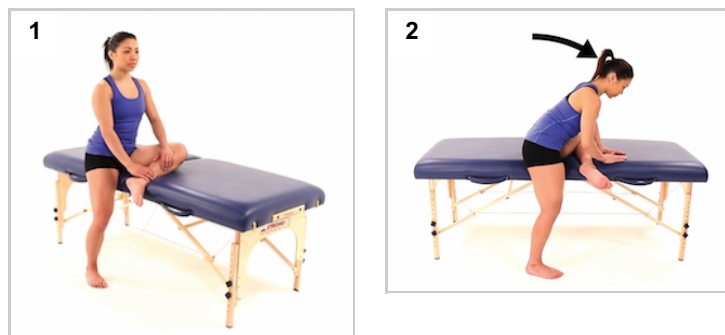
Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

### Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

## Seated Table Piriformis Stretch

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin sitting upright on the edge of a table or bed with one leg bent so that the outside of your ankle is resting on the table and your other foot on the floor.

### Movement

Gently lean forward, hinging at your hips, until you feel a stretch across your hip and buttocks.

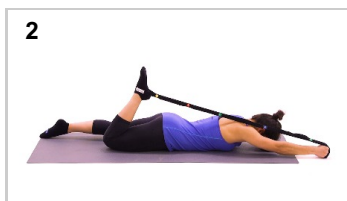
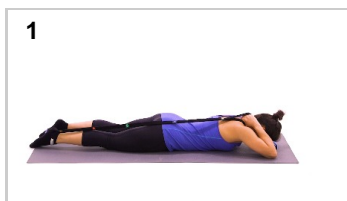
### Tip

Make sure not to let your back lean to the side as you stretch.

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## Prone Quadriceps Stretch with Strap

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

### Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

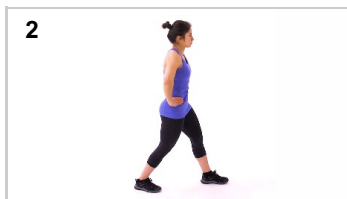
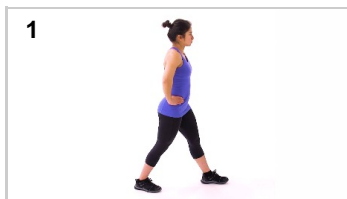
### Tip

Do not let your low back arch during the stretch.

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## Standing Hip Flexor Stretch

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

### Movement

Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

### Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

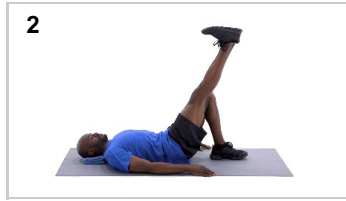
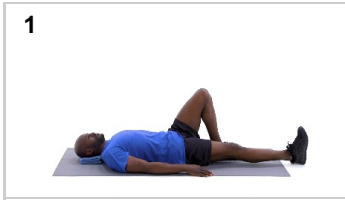
## Supine Active Straight Leg Raise

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



### Setup

Begin lying on your back with one knee bent and your other leg straight.

### Movement

Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

### Tip

Make sure to keep your leg straight and do not let your back arch during the exercise.

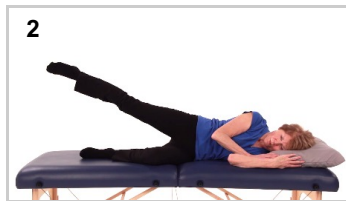
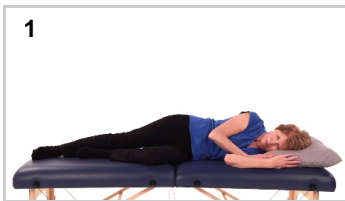
## Sidelying Hip Abduction

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



### Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

### Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

### Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

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## Supine Transversus Abdominis Bracing - Hands on Ground

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



### Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your hands resting by your sides.

### Movement

Press your hands into the floor and tighten your abdominals, pulling your navel in toward your spine and up. Hold this position, then relax and repeat.

### Tip

Make sure to keep your back flat against the floor and do not hold your breath as you tighten your muscles.

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## Supine Bridge

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



### Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

### Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

### Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

## Sit to Stand

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

### Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

### Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.