

## Standing ITB Stretch

SETS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7



### Setup

Begin in a standing upright position with one leg crossed over the other.

### Movement

Move the hip of your leg to be stretched out to the side and reach your arm overhead to the opposite side.

### Tip

Make sure to avoid twisting or rotating your body during the exercise.

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## Seated Table Piriformis Stretch

SETS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7



### 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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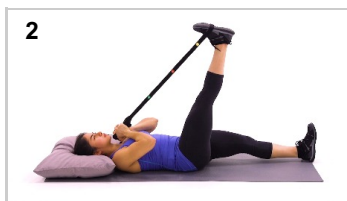
## Supine Hamstring Stretch with Strap

SETS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7



### Setup

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

### Movement

Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

### Tip

Make sure to keep your other leg straight on the ground during the stretch.

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## Supine ITB Stretch with Strap

REPS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7



### Setup

Begin by lying on your back with your legs straight and a strap secured around one foot, holding the end in your opposite hand.

### Movement

Pull on the strap to draw your leg diagonally across your body and hold, feeling a stretch on the outside of your leg.

### Tip

Make sure to keep your shoulders and hips on the ground during the stretch.

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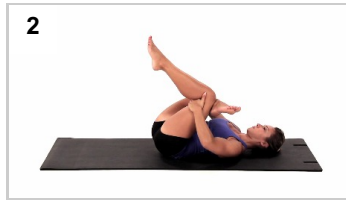
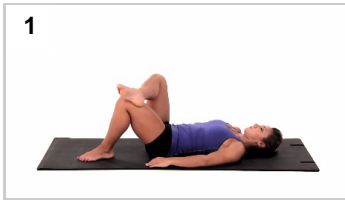
## Supine Piriformis Stretch

SETS: 3

HOLD: 30

DAILY: 1

WEEKLY: 7



### Setup

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

### Movement

Grab underneath one leg, pushing your elbow into the lower thigh of the opposite leg. Gently pull your leg toward your body until you feel a stretch in your buttock and hold.

### Tip

Make sure to keep your low back flat against the floor during the stretch.

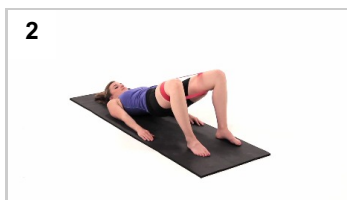
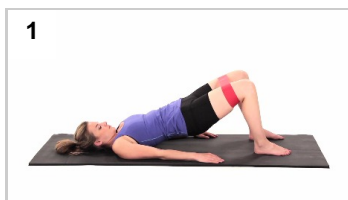
## Bridge with Hip Abduction and Resistance

REPS: 10

SETS: 10

DAILY: 1

WEEKLY: 7



### Setup

Begin lying on your back with your feet resting on the ground, arms by your sides, and a resistance band looped around your legs above your knees.

### Movement

Tighten your abdominals and lift your hips off the ground so your body is in a straight line. Hold this position and move your knees apart, pulling against the band.

### Tip

Keep your movements slow and controlled. Make sure not to let your hips rotate to either side or drop down during the exercise.

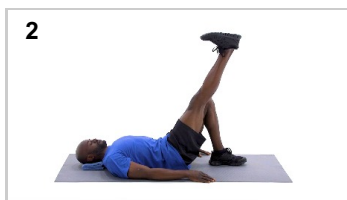
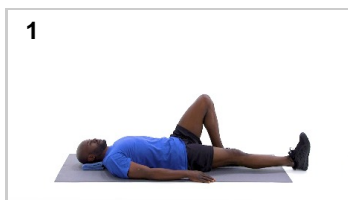
## Supine Active Straight Leg Raise

REPS: 10

SETS: 3

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.

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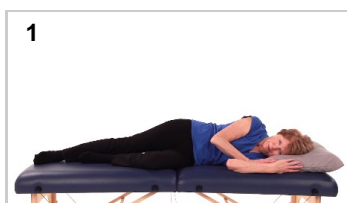
## Sidelying Hip Abduction

REPS: 10

SETS: 3

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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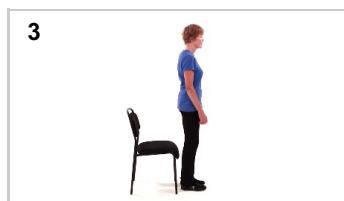
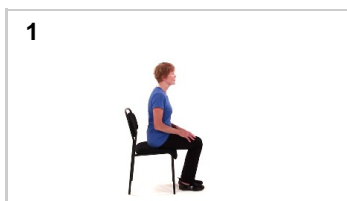
## Sit to Stand

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.

## Side Stepping with Resistance at Feet

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin in a standing upright position with a resistance band looped around your ankles.

### Movement

Slowly step sideways, maintaining tension in the band. Repeat in the opposite direction.

### Tip

Make sure to keep your feet pointing straight forward and do not lean your torso to either side as you step.