

**Notes :**

**1 Glute bridge w/ spine curl**



Start in crook lying. Lift yourself up, peeling one vertebra at a time until your thighs are about on a straight line with your torso. Lower yourself on the floor doing the reverse motion of putting down one vertebra on the ground at a time. Do not lift the head off the floor.

Reps: 4 Hold: 30"

**2 Bird dog, alt. legs and arms**



Begin on all fours with your hands under your shoulders and knees under your hips. Keep your back straight and head in line with the spine. Extend one arm and hold for 5 seconds then return to neutral. Extend the opposite leg and hold for 5 seconds then return to neutral. Make sure your arm and leg are leveled with your back when you lift.

Sets: 1 Reps: 10ea

**3 Clamshell**



Lie on your side with both legs slightly bent. Lift your top leg (injured leg), keeping your pelvis stable, your leg slightly bent and your heels together. Rotate your hip so that your foot and your kneecap are pointing upward during the movement. Return to the initial position and repeat.

Sets: 2 Reps: 15ea

**4 Standing hip abduction**



Stand straight holding a chair. Move your leg towards the outside without lifting your pelvis. Return and repeat.

Sets: 2 Reps: 15ea

**5 Hip extension**



Stand holding the back of a chair. Lift your leg up behind you, while keeping your back straight and looking directly ahead of you.

Sets: 2 Reps: 15ea

## 6 Sit to stand



Sit on a chair that have been placed against a wall to prevent slipping. Interlace your fingers and reach forward with your arms. With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand. Slowly return to sitting.

Sets: 2 Reps: 10