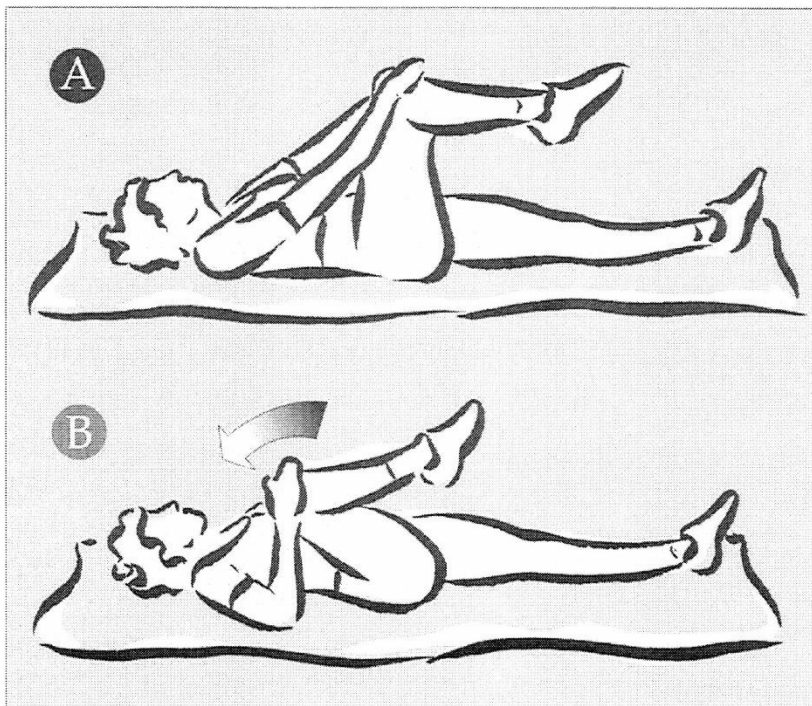


PASSIVE

## Knee To Chest

PELVIC

EXERCISE  
19



### STARTING POSITION

Lie on your back with one knee bent.

### EXERCISE

Tighten your abdominal muscles. Slowly bring the bent knee towards your chest using your hands. Return to the starting position. Repeat with the other knee.

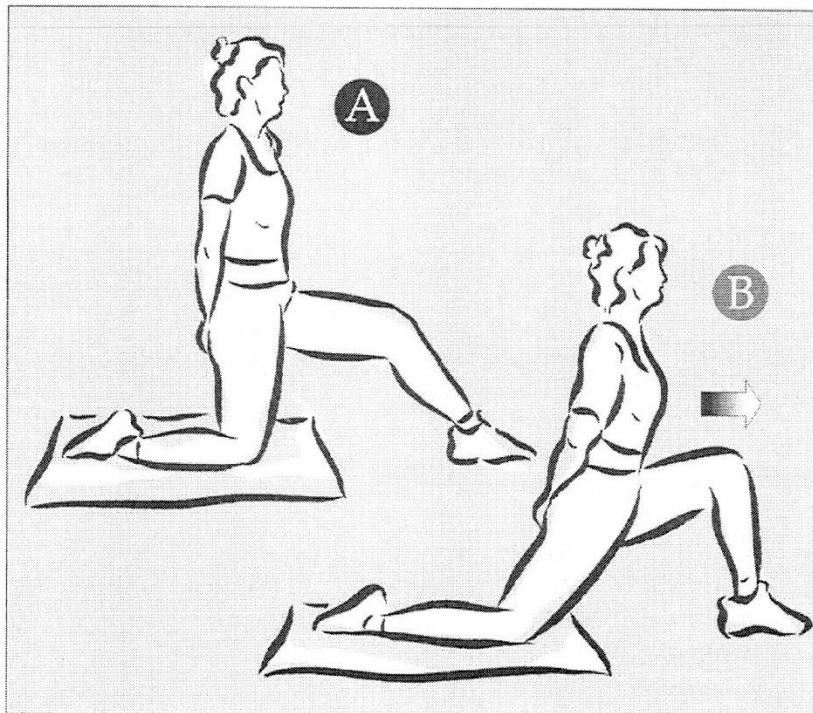


PASSIVE

## Groin Stretch

PELVIC

EXERCISE  
20



### STARTING POSITION

Kneel down on a mat or pillow. Your other leg should be bent.

### EXERCISE

Slowly lean forward until you feel a stretch in the front of your thigh. Do not arch your back. Repeat on other leg.



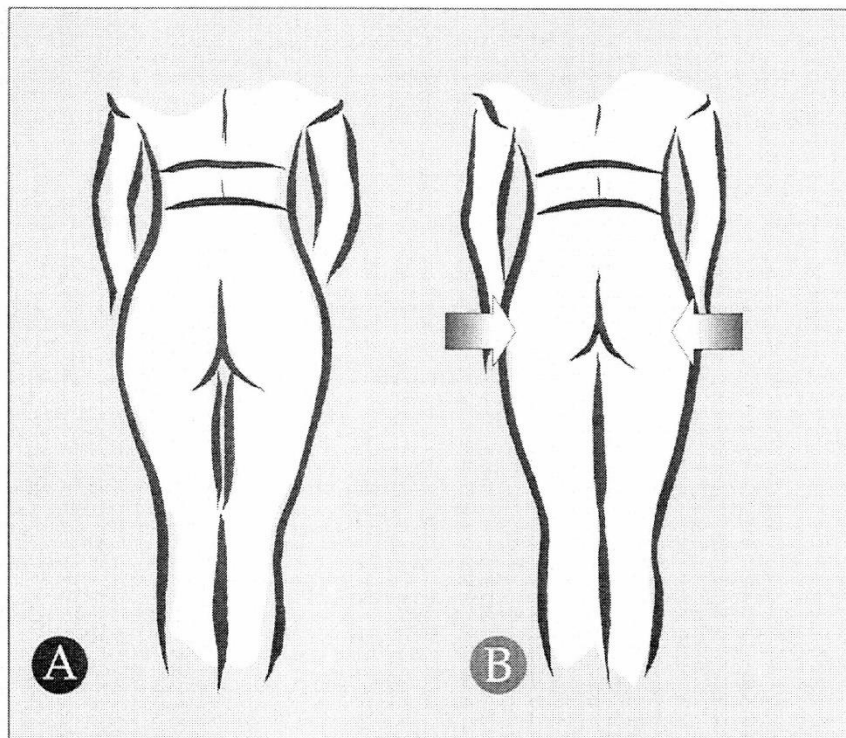
ACTIVE

## Buttock Tensing

PELVIC

EXERCISE

21



### STARTING POSITION

Standing.

### EXERCISE

Tense your buttock muscles.

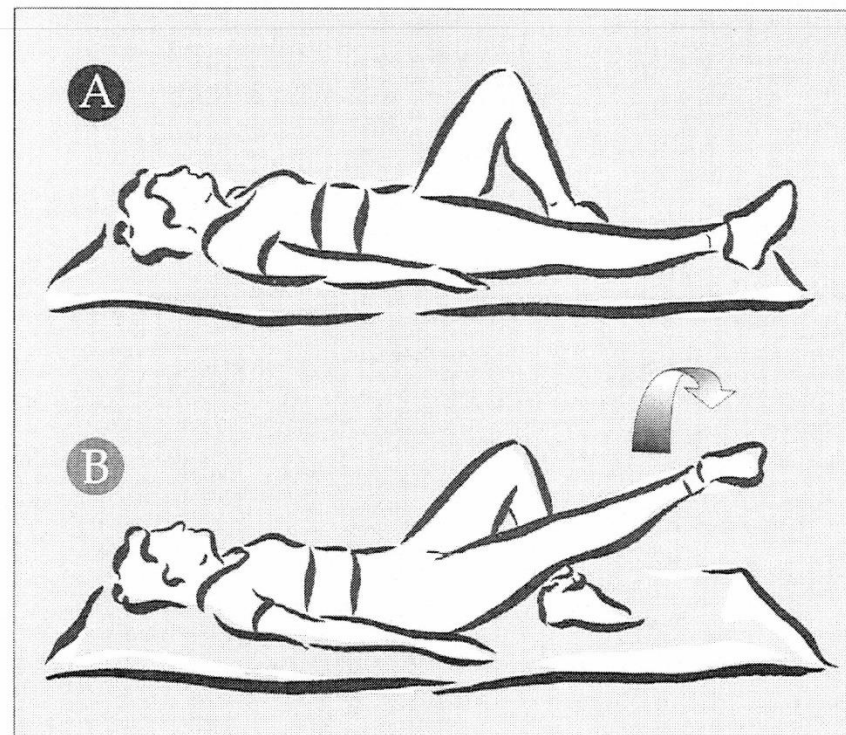
ACTIVE

## Hip Flexion

PELVIC

EXERCISE

22



### STARTING POSITION

Lie on your back with one knee bent and the other straight.

### EXERCISE

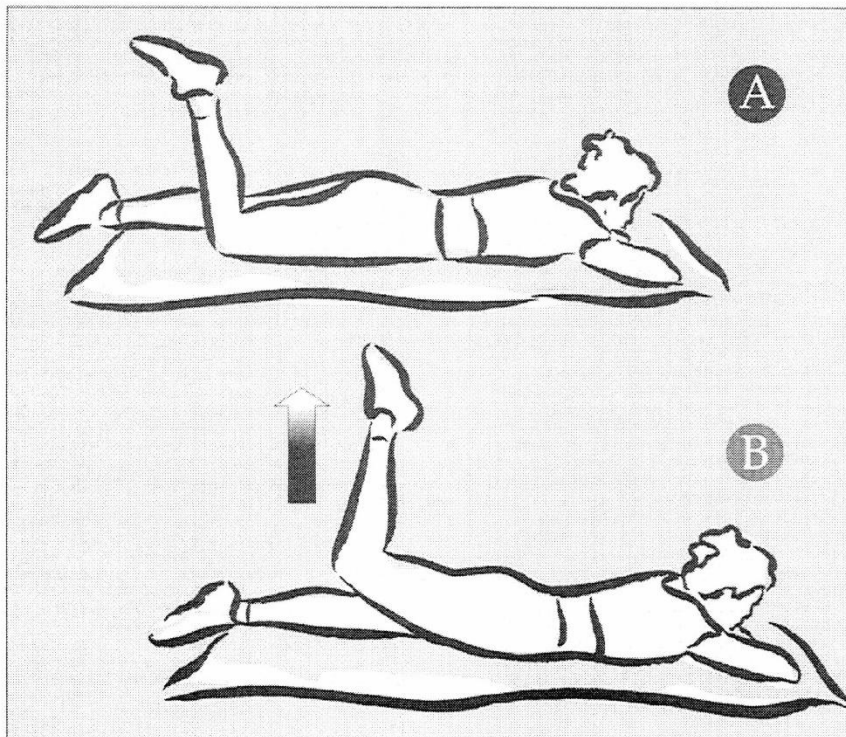
Using the straight leg, tighten the top muscle of your thigh, turn your foot out. Lift your leg from the floor until the knee is level with the other knee. Keep your leg straight. Repeat on other side.

ACTIVE+

## Hip Extension

PELVIC

EXERCISE  
**23**



### STARTING POSITION

Lie on your stomach with one knee bent.

### EXERCISE

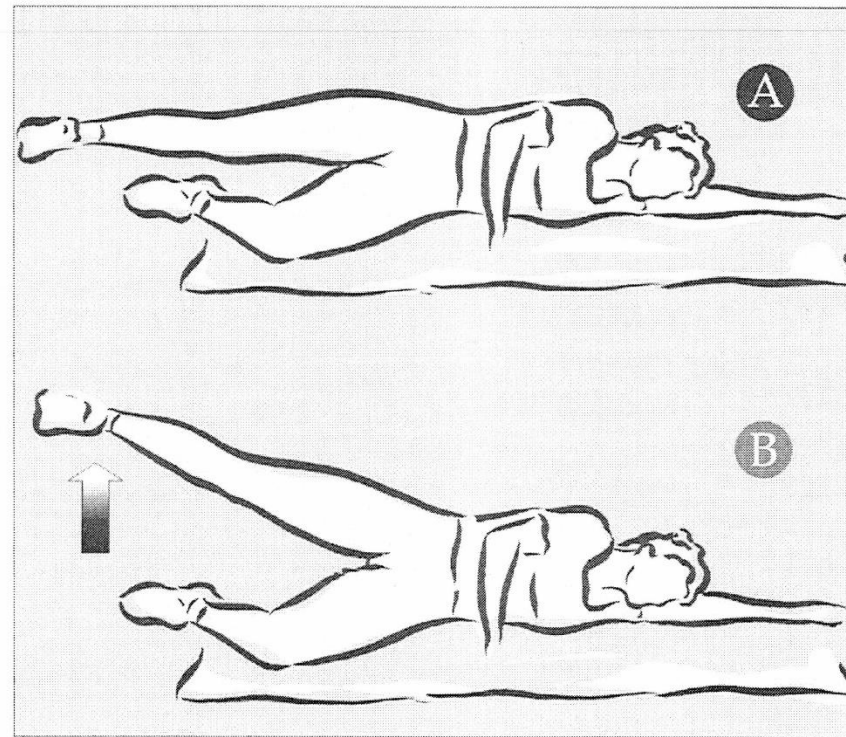
Lift your thigh off the floor. Keep your knee bent. Repeat on the other side.

ACTIVE+

## Hip Abduction

PELVIC

EXERCISE  
**24**



### STARTING POSITION

Lie on your side with underneath knee slightly bent and top knee straight.

### EXERCISE

Tighten the outside muscles of the top thigh, lift your leg from the floor towards the ceiling. Try not to let your hip roll backwards as you lift.