



**Pelvic Tilts - Supine**

Lying on back, knees bent with feet flat on the floor. Arms 45° at sides with palms up. Slowly rock pelvis backward to press small of back into floor then slowly rock pelvis forward to push sacrum into floor, allowing low back to arch. Identify pain free range of motion.

|          |          |
|----------|----------|
| Sets:    | 2-3      |
| Reps:    | 15-20    |
| Weight:  |          |
| Hold:    | 4-10 sec |
| Rest:    | 30-60    |
| 5 x/week |          |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Crunches Arms Crossed**

Lying on back with knees bent and feet on the floor. Cross arms across chest and raise upper body up off floor until shoulder blades clear the floor. Maintain abdominal hollowing throughout movement and keep chin in neutral.

|          |          |
|----------|----------|
| Sets:    | 2-3      |
| Reps:    | 15-20    |
| Weight:  |          |
| Hold:    | 4-10 sec |
| Rest:    | 30-60    |
| 5 x/week |          |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Short Adductors Seated**

Sitting on floor with soles of feet together. Rock pelvis forward so as to be sitting on your 'sit bones'. Keep upper body tall, gently allow knees to drop towards the floor to feel a stretch in the inner thigh.

|         |        |
|---------|--------|
| Sets:   |        |
| Reps:   | 2x     |
| Weight: |        |
| Hold:   | 15 sec |
| Rest:   |        |
| 2 x/day |        |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Mid Back Arch - Quadruped**

On all fours, let head relax down and maintain an abdominal hollow as you raise your spine up between the shoulder blades. Let spine relax slowly down through the shoulder blades and then repeat.

|         |        |
|---------|--------|
| Sets:   |        |
| Reps:   | 2x     |
| Weight: |        |
| Hold:   | 15 sec |
| Rest:   |        |
| 2 x/day |        |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hip Abduction - Side Lying**

Lying on one side, bend bottom knee up and keep top leg straight. Slowly raise top leg up sideways (30° - 45°), keeping knee straight and toes pointing slightly downward. Keep body and leg aligned and avoid hiking the hip. Maintain an abdominal hollow throughout movement.

|          |          |
|----------|----------|
| Sets:    | 2-3      |
| Reps:    | 15-20    |
| Weight:  |          |
| Hold:    | 4-10 sec |
| Rest:    | 30-60    |
| 5 x/week |          |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Ankle Pump - Supine**

Lying on back with foot placed up on gym ball or chair. Gently pump ankle back and forth.

|          |       |
|----------|-------|
| Sets:    | 2-3   |
| Reps:    | 15-20 |
| Weight:  |       |
| Hold:    |       |
| Rest:    |       |
| 5 x/week |       |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31