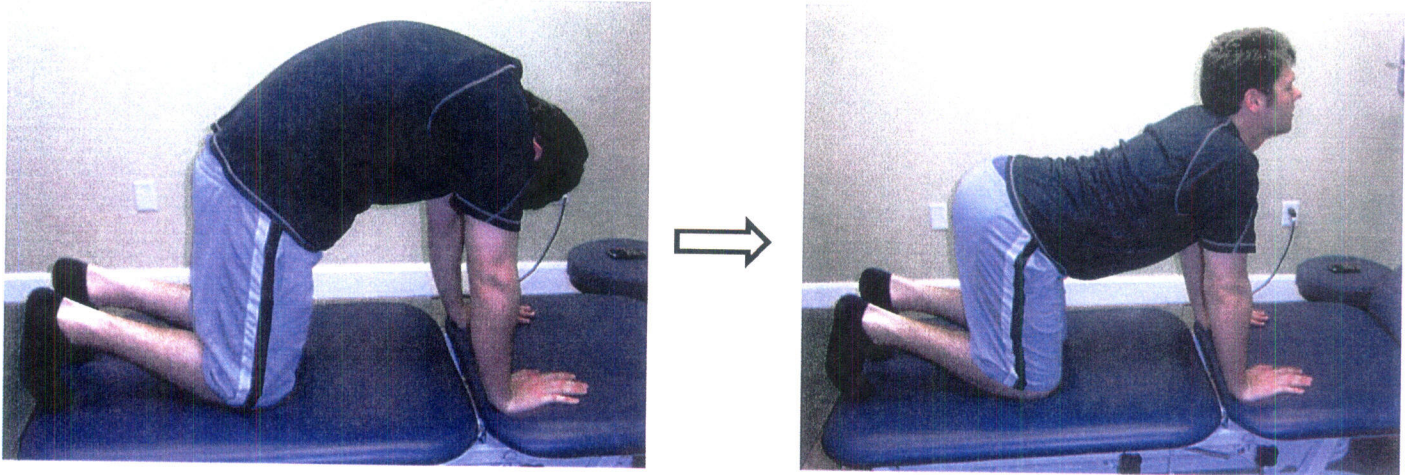


Cat Camel Mob



This exercise creates controlled, coordinated movements of core muscles and provides spinal mobility of soft tissues, connective tissues and the discs.

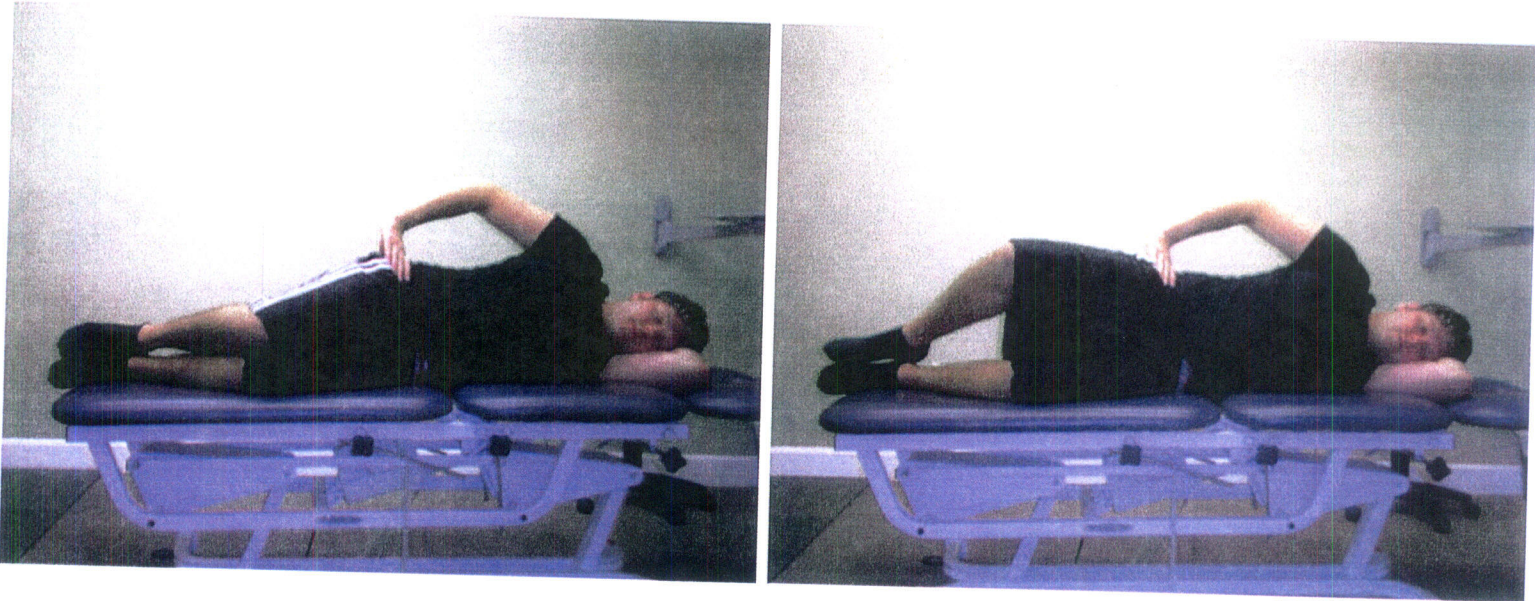
Setup:

1. Start on all fours with your hands directly below your shoulders and knees directly below your hips.
2. Bring your chin to your chest while arching your back like a cat. Do not go to end range.
3. Once you are rounded, gently reverse direction to look at the ceiling while allowing your stomach dropping towards the floor.
4. If it is painful at any point, continue the exercise, just modify how far you move to avoid the pain.
5. Do 3 sets of 10 reps 3-4x per day.

Notes:

- This is not a stretch, only a mobilization, “no pain, no gain” DOES NOT APPLY!

Clams



The clam strengthens your glut med and hip stability

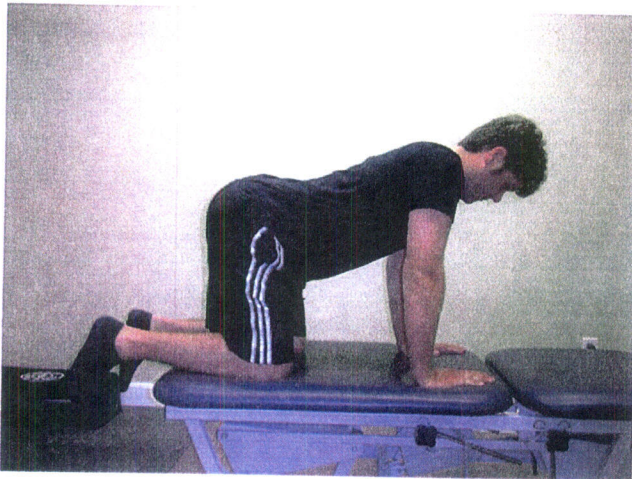
Setup:

1. Lie on your side, with your legs slightly bent at the knees with ankles, hips, and shoulders in a line. The head should rest on the down arm.
2. Your top hand is placed on your hip (like angry) with thumb over the top of your gluts.
3. Lift your knee up as if someone has tied a string to your knee and is gently pulling it straight up.
4. Lifts for a 1 count and returns for a 5 count.
5. If done correctly, you should feel contraction under the thumb and nothing in the side of your leg.
6. Repeat for 3 sets of ten.

Notes:

- If you feel more in the side of the leg, then the knees are bent too much.
- **It does not matter how high the leg is lifted, as long as contraction is felt under the thumb.**
- Things to avoid
 1. Rocking of the pelvis backwards
 2. The ankles coming apart
 3. Lifting the leg to high
 4. Ankles, hips, and shoulders not being in line

Quadruped Brace



Setup:

1. Begin on all 4's. It is best to have feet hanging off table.
2. Relax and let belly sag.
3. Bring belly up so the back is neutral.
4. Brace by "Acting as if someone is going to punch you in the stomach."
5. Push your shins into the table and simulate a kegel exercise.
6. Hold for 5-10 secs while breathing.
7. Repeat 10 times, 3-4 times a day.

Notes:

- Don't forget to breath.
- Do not round the low back.

Hip flexor Self PIR



This stretch is meant to gently stretch your hip flexors.

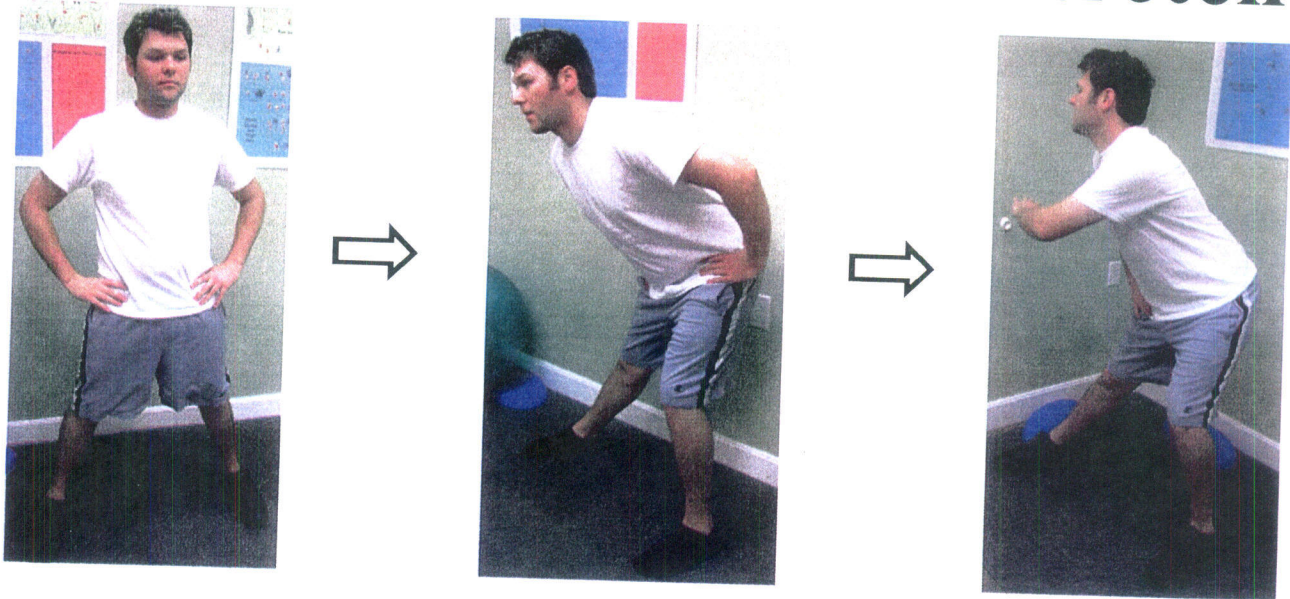
Setup:

1. Sit on the edge of a bench, table, or bed.
2. Bring one leg up and grasp it with your hands, pulling the leg up to your chest. You should now feel your low back contacting the table.
3. Lift the knee of the leg hanging off the table slightly. The knee does not need to move very much.
4. Hold for 10 secs and take a deep breath in.
5. As you exhale, relax, and let the leg fall towards the ground.
6. Repeat 4-5 times with each leg. Repeat 3-4 times a day.

Notes:

- Make sure you can feel your lower back contacting the surface.
- Remember you do not need to raise the leg up very high.

Tri-Planar Adductor Stretch



The Tri-Planar Adductor Stretch lengthens the adductor muscles, more commonly referred to as the groin muscles.

Setup:

1. Start by standing with your feet slightly wider than shoulder width apart. Bend one knee.
2. Lock your pelvis in line with your back; you do not want you to arch your back during these stretches.

Sagittal Plane- Lean forward and backwards at the hips (NOT through your lower back). Move as if someone has grabbed you by the front pockets and is pulling you forward. Perform 10 slow repetitions.

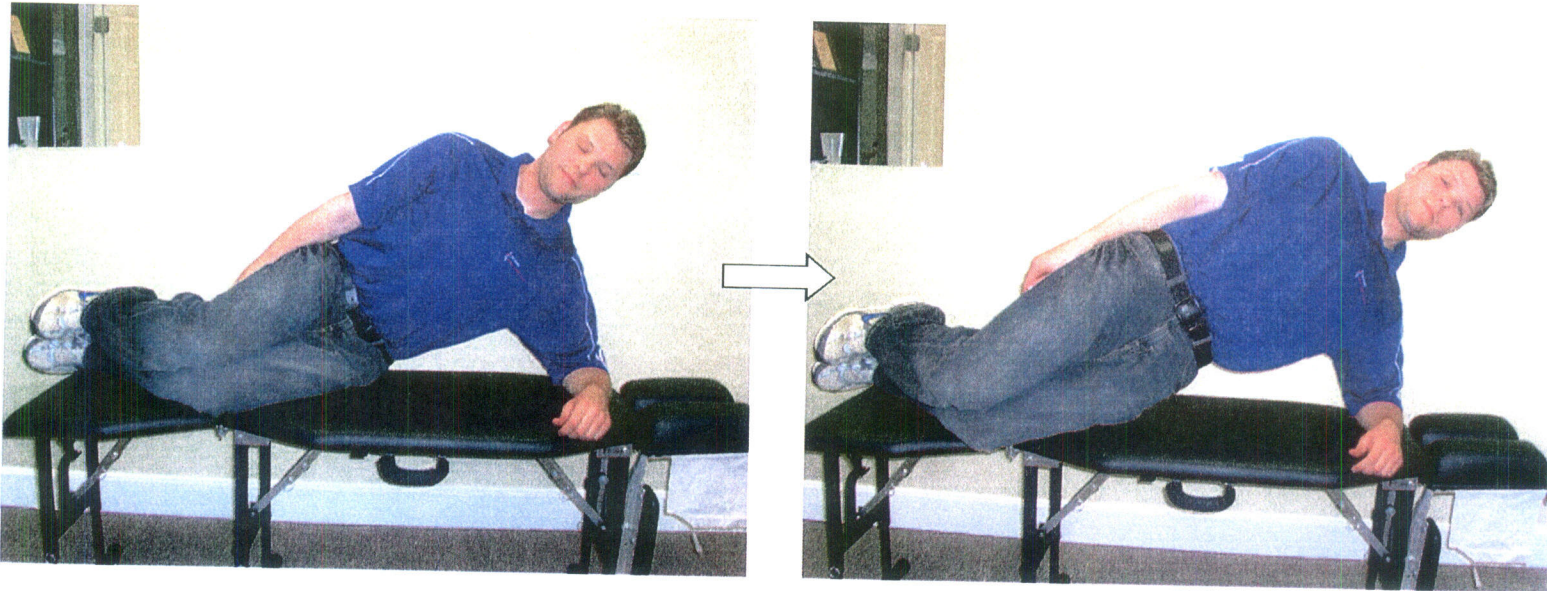
Coronal Plane- Begin in the same starting position. This time, move your hips side to side, again keeping your low back and hips inline. Perform 10 slow repetitions. (Not Pictured)

Transverse Plane-Begin in the same starting position as the other two. For this stretch you need to twist at the hip. Move as if you are trying to punch something over the opposite shoulder. Perform 10 slow repetitions.

Notes:

- You can increase or decrease the stretch as needed by moving your feet closer together or farther apart
- Keep your back as straight as possible and locked to your pelvis throughout these stretches, as though there is a 2x4 strapped between the two.
- Perform this series of stretching 2-3 times everyday each direction

Side Bridge



The side bridge is for core stability

Setup:

1. Begin on your side, supported by your elbow and hip. Your knees should be bent at 90° slightly in front of you and hips slightly flexed
2. Place your free (up side arm) on onto your side.
3. Bring your hips up off the ground and forward, so your spine is in a straight line.
4. Hold this for 5-10 secs and sit back into the starting position Repeat for 30 reps.
5. Act as if a string is attached your pelvis and is then pulled on bringing the pelvis forward into the holding position.

Notes:

- Beginners start on their knees and advance to the feet
- Things to avoid
 1. Raising the hips off the ground instead of straightening the torso
 2. It is okay to have your shoulder be a little sore, after a week of training your core muscles, they will support more of your body's load and relieve some of the weight on the shoulder.
 3. Do not let your hips sag
 4. We don't want any trunk movement.