



PELVIC TILT:

Lie on your back with your knees bent and your feet flat on floor. Pull your belly button in towards your spine and push your lower back into the floor, flattening the back. Hold this position for 5 to 10 seconds. Repeat 5 to 10 times.



STRAIGHT LEG RAISING:

Lie on your back, bend one leg to support, raise the other leg straight about 8 inches off the floor. Hold the raised leg for a count of 5 to 10. Repeat with other leg



PARTIAL CURL:

Lie on your back with knees bent and feet flat on floor. Slowly raise your head and shoulders off the floor and reach your knees with both hands. Count to 10. Repeat five times.



PRONE HIP EXTENSION:

Lie on your stomach. Tighten the muscles in one leg and raise it from the floor without bending the knee. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat five times with each leg.



EXTENSION EXERCISE:

Lie on your stomach. Use your arms to push your upper body off the floor. Hold for 5 to 10 seconds. Relax and come down. Repeat 5 to 10 times.



GLUTEAL STRETCH/PIRIFORMIS STRETCH:

Lie on back with both knees bent. Cross one leg on top of the other. Pull opposite knee to chest until a stretch is felt in the buttock/hip area. Hold 10 seconds. Relax. Repeat 5 to 10 times each side



CAT AND CAMEL: Get down on your hands and knees. Let your stomach sag, allowing your back to curve downward. Hold this position for 5 seconds. Then arch your back and hold for 5 seconds. Do 3 sets of 10.

STANDING HAMSTRING STRETCH: Place the heel of your injured leg on a stool about 15 inches high. Keep your knee straight. Lean forward, bending at the hips until you feel a mild stretch in the back of your thigh. Make sure you do not roll your shoulders and bend at the waist when doing this or you will stretch your lower back instead of your leg. Hold the stretch for 15 to 30 seconds. Repeat 3 times.

