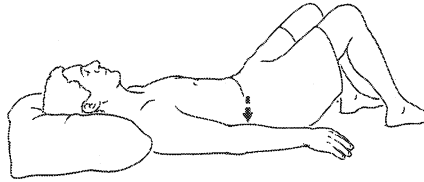




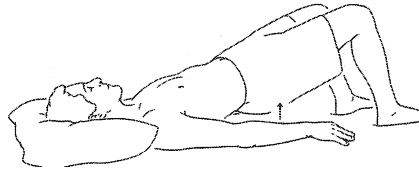
TRUNK STABILITY - 4 Isometric Abdominal



Lying on back with knees bent, tighten stomach by pressing elbows down. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

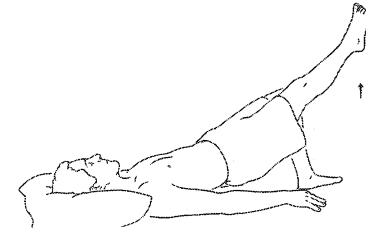
TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

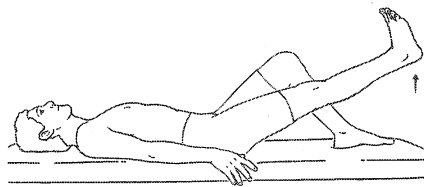
TRUNK STABILITY - 13 Bridging:  
with Straight Leg Raise



With legs bent, lift buttocks \_\_\_\_\_ inches from floor. Then slowly extend right knee, keeping stomach tight.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

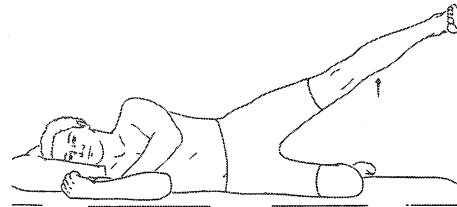
HIP / KNEE - 17 Strengthening: Straight Leg Raise  
(Phase 1)



Tighten muscles on front of right thigh, then lift leg \_\_\_\_\_ inches from surface, keeping knee locked.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

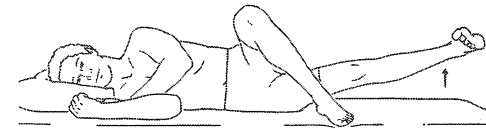
HIP / KNEE - 21 Strengthening: Hip Abduction  
(Side-Lying)



Tighten muscles on front of right thigh, then lift leg \_\_\_\_\_ inches from surface, keeping knee locked.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

HIP / KNEE - 22 Strengthening: Hip Adduction  
(Side-Lying)



Tighten muscles on front of right thigh, then lift leg \_\_\_\_\_ inches from surface, keeping knee locked.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

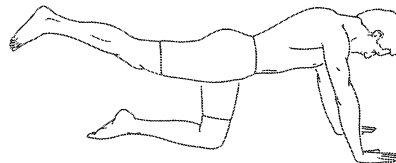
BACK - 5 Arm / Leg Lift: Opposite (Prone)



Lift right leg and opposite arm \_\_\_\_\_ inches from floor, keeping knee locked.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

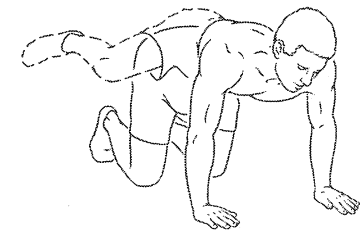
BACK - 8 Hip Extension (All-Fours)



Lift right leg back with knee slightly flexed. Do not arch neck or back.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

HIP / KNEE - 81 Hip Abduction (All-Fours)

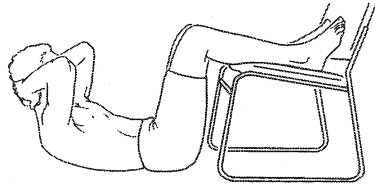


Keeping knee bent, lift right hip out to side.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.



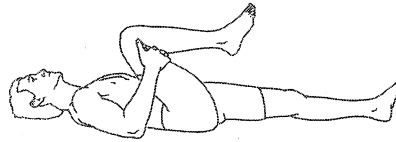
BACK - 29 Partial Sit-Up: for Lower Abdominals



With legs over footstool or chair, and arms clasped behind neck or folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

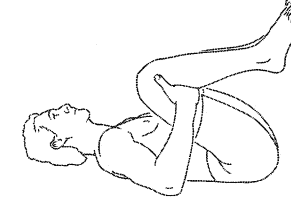
BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

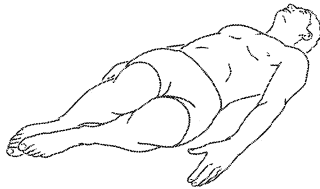
BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

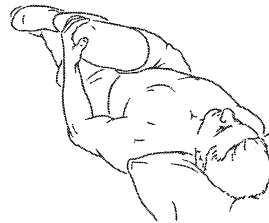
BACK - 16 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to right side. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

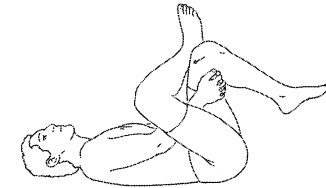
HIP / KNEE - 66 Stretching: Piriformis (Supine)



Pull right knee toward opposite shoulder. Hold \_\_\_\_\_ seconds. Relax.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

HIP / KNEE - 48 Piriformis (Supine)



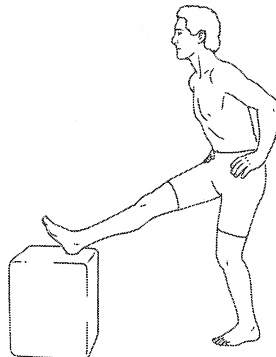
Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

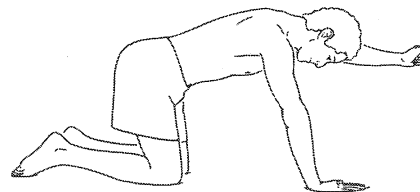
HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.



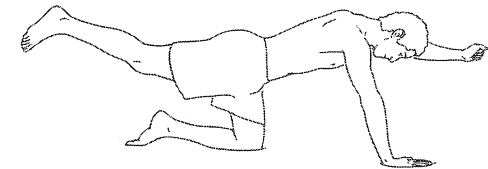
TRUNK STABILITY - 19 Upper Extremity Extension (All-Fours)



Tighten stomach and raise right arm parallel to floor. Keep trunk rigid.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

TRUNK STABILITY - 20 Upper / Lower Extremity Extension (All-Fours)



Tighten stomach and raise right leg and opposite arm. Keep trunk rigid.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.