

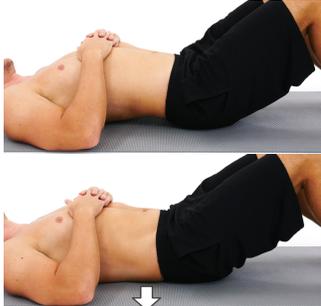


Home Exercise Program

Created by Alisha Walters Nov 30th, -0001

View videos at www.HEP.video

Total 5



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Video # VVHBZ4XN3

Repeat 10 Times
Hold 10 Seconds
Complete 3 Sets
Perform 3 Times a Day



BRIDGE - BRIDGING

While lying on your back with knees bent, tighten your lower abdominal muscles, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Video # VVTJZ7GYR

Repeat 10 Times
Hold 10 Seconds
Complete 3 Sets
Perform 3 Times a Day



KNEE FALL OUT

While lying on your back with both knees bent, stabilize your spine by bracing your abdominal muscles. Hold this contraction as you slowly lower one knee to the side. Your pelvis should not move.

You can place your thumbs on your pelvic bone to get feedback of any movements that occur. If your pelvis moves too much, then next time lower the leg less to maintain good control.

Video # VVETKMP6V

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Times a Day

**LOWER TRUNK ROTATIONS - LTR - WIG WAGS - KNEE ROCKS**

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

Video # VVHFZ3NCW

Repeat 5 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Day

SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat.

Video # VV3W4RJUU

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 3 Times a Day

