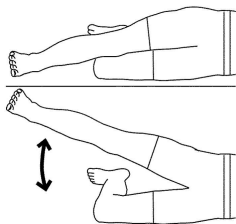


AROM hip abd uni sidelying



- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Special Instructions:

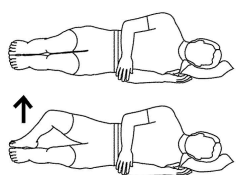
Do not roll trunk forward or backward.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM hip ER/abd sidelying



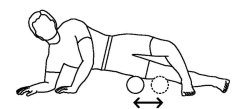
- Lie on side with knees bent, feet together.
- Lift top knee upward.
- Lower and repeat.
- Repeat exercise lying on other side.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch IT Band w/roll



- Lie on left side with top of thigh over foam roll.
- Push up onto left elbow and roll thigh down foam roll.
- Repeat on right side.

Special Instructions:

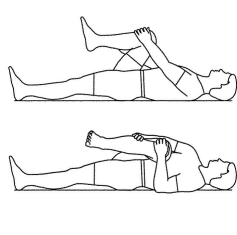
Roll should move from hip to knee. Use other arm and leg for support as shown.

Perform 1 set of 4 Repetitions, twice a day.

Use Foam Roll.

Hold exercise for 20 Seconds.

Stretch Piriformis supine w/hip flx

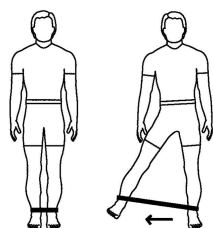


- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Resist knee sidestep w/elastic



- Loop elastic around ankles.
- Walk sideways, stretching band with each step.
- Keep toes pointed straight ahead.
- Walk to other direction.

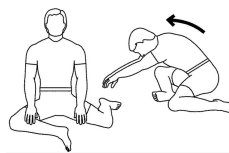
Perform 3 sets of 10 Repetitions, once every other day.

Use RED Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch Piriformis sit



- Begin sitting on floor as shown, involved leg in front.
- Lean forward and toward involved side until stretch is felt in buttocks.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Issued By: ADVANCED SPINE & SPORTS CHIROPRACTIC

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.