

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 - 38 Stretching: Hamstring (Supine)



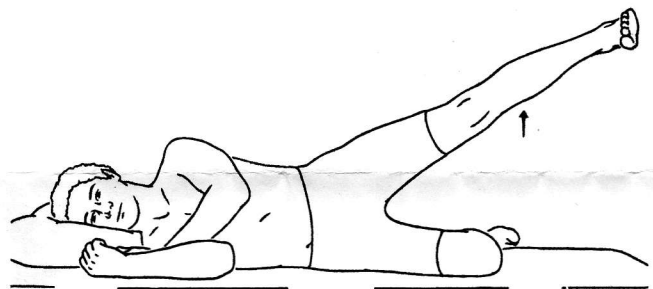
Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold ____ seconds.
Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

HIP / KNEE - 34 Stretching: Hip Flexor



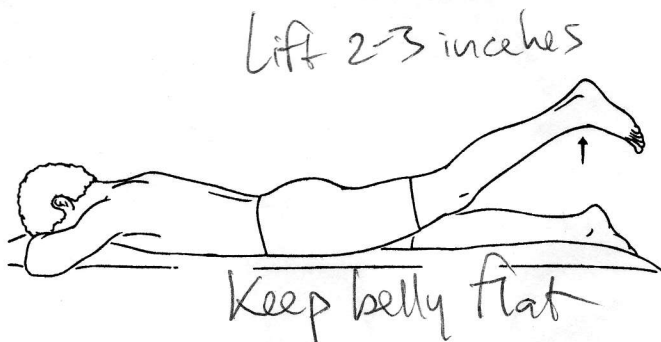
Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold ____ seconds.
Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

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



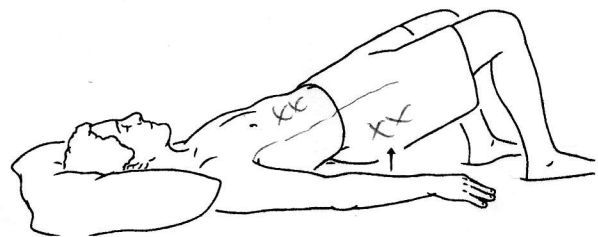
Tighten muscles on front of right thigh, then lift leg ____ inches from surface, keeping knee locked.
Repeat 20-30 times per set. Do 1-2 sets per session. Do 2 sessions per day.

HIP / KNEE - 20 Strengthening: Hip Extension (Prone)



Tighten muscles on front of right thigh, then lift leg ____ inches from surface, keeping knee locked.
Repeat 20-30 times per set. Do 1-2 sets per session. Do 2 sessions per day.

TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.
Repeat 20-30 times per set. Do 1-2 sets per session. Do 2 sessions per day.