



DIAPHRAGMATIC BREATHING - SEATED

While sitting in a chair or lying down, place one hand above chest and one hand on ribs.

Slowly take a deep breath in and focus on breathing out into your ribs. The hand on your lower ribs to rise while the hand on your breast bone shouldn't have a lot of movement

Focus on relaxing your whole body especially your core, glute, and pelvic floor area during exhalation

Perform for 3-5 min.



PELVIC TILT - SEATED OR STANDING

While in a seated position or standing, inhale as you arch your low back and try to expand your breath into your ribs while squeezing shoulder blades together, then exhale as you round your low back and bring your ribs down. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 10 Times
Complete 3 Sets



TRUNK ROTATION

Sit in a chair or stand with your arms out-stretched in front of your body. Inhale and Slowly twist your upper body to the side and rotate your spine.

Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand. Exhale as you return to neutral

Repeat 10 Times
Complete 3 Sets



HIP ADDUCTOR STRETCH - STANDING

Start in a standing position and feet spread wide apart. Inhale, then as you exhale slowly bend your knee to allow for a gentle stretch of the opposite leg.

Maintain a straight knee on the target leg the entire time. You should feel a stretch on the inner thigh but not strain, hold ~5-10 seconds then return to neutral and repeat

Repeat 10 Times
Complete 2 Sets

Hold 1 Second



TRANSVERSUS ABDOMINUS TRAINING - BRACING IN SITTING OR STANDING

Press your finger tips into your relaxed abdomen lateral of your navel. Inhale into your ribs then tighten and then as you exhale gently engage your core from your pubic bone up as if you were hollowing out your stomach and "zipping up" your core. Your abdomen should sink away from your hands as it draws up and in. Hold through a full exhale and then relax and repeat.

Repeat 10 Times
Complete 3 Sets

SUPPORTED HIP EXTENSION - STANDING

Stand and lean your arms on something for support. While bearing weight on one leg, inhale then as you exhale squeeze your glute and move your leg in a backward direction as shown. Perform smooth and controlled movements. Keep knee straightened the entire time.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety.

Level 2 would be to start with the leg in a march position and squeeze the glute as you kick back to create extra range of motion

Repeat 10 Times
Complete 3 Sets



HIP ABDUCTION EXTENSION - STANDING



Start by standing with feet together. Next, inhale, then as you exhale squeeze your glute and move your leg back and to the side at approximately 45 degree angle. Keep your knee straight and use your arms for support if needed for balance and safety.

Return to starting position and repeat.

Level 2 would be to put the starting leg behind the stance leg to create extra range of motion

Can also add ankle weights or resistance band to make harder

Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Time a Day

STANDING MARCHING - HIP FLEXION



While standing next to a chair or countertop for support, inhale, then as you exhale brace your core and march in place by lifting your knee up as you allow it to bend and then perform on the other side. Repeat this alternating movement. Focus on slow control so the core is guiding the motion.

Can also add ankle weights or resistance band to make harder

Repeat 10 Times
Complete 3 Sets

STANDING HEEL RAISES - CALF RAISES - BILATERAL

While standing, inhale, then as you exhale raise up on your toes as you lift your heels off the ground then slowly lower back down.

Level 2 would be to perform this one leg at a time.

Repeat 10 Times
Complete 3 Sets



SQUAT



Stand with feet shoulder width apart and toes pointed forward to slightly turned out. Inhale, then as you exhale gently brace your core and bend knees and lower buttock towards floor keeping your back straight and bending at your hips. Can hold onto something for support if needed.

Your buttock should lower behind your feet as if you are going to sit on a chair. Emphasize your weight going through all "4 corners" of the feet.

As you reach the bottom of a comfortable range going as low as you can without pain or symptoms, squeeze your glutes at the bottom and exhale as you return to standing.

Repeat 10 Times
Complete 3 Sets