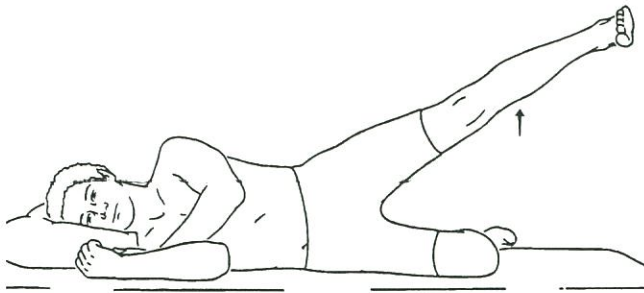


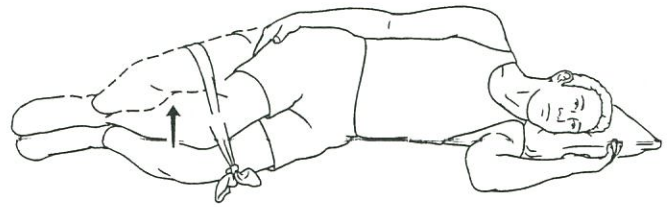
HIP / KNEE - 21 Strengthening: Hip Abduction  
(Side-Lying)



Tighten muscles on front of left thigh, then lift leg  
6-8 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 2-3 sets per session.  
Do 1 sessions per day.

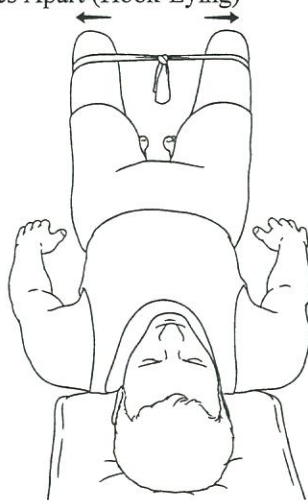
PELVIC FLOOR FACILITATION - 7  
External Rotation: Hip – Knees Apart (Side-Lying)



Lie on left side with hips and knees slightly bent,  
band tied just above knees. Pull knees apart.  
Hold for 3-5 seconds. Rest for 5 seconds.  
Repeat 10 times. Do 2-3 sets. Do 1 times a day.

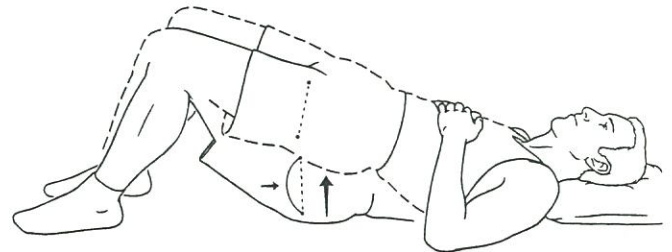
PELVIC FLOOR FACILITATION - 6  
External Rotation: Hip – Knees Apart (Hook-Lying)

Lie with hips and knees  
bent, band tied just above  
knees. Pull knees apart.  
Hold for 5 seconds.  
Rest for 5 seconds.



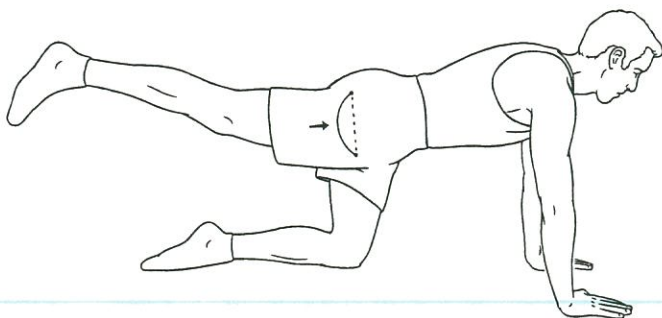
Repeat 10 times. 2-3 sets.  
Do 1 times a day.

LUMBOPELVIC STABILIZATION - 13  
Bracing With Bridging (Hook-Lying)



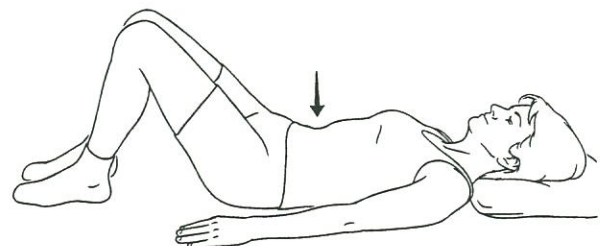
With neutral spine, tighten pelvic floor and abdominals and  
hold. Lift bottom.  
Repeat 10 times. Do 3 sets. Do 1 times a day.

LUMBOPELVIC STABILIZATION - 24  
Bracing With Leg Raise (Quadruped)



On hands and knees find neutral spine. Tighten pelvic floor  
and abdominals and hold. Alternating legs, straighten and lift  
to hip level. Do not arch back.  
Repeat 10 times. Do 2-3 sets. Do 1 times a day.

TRANSVERSE ABDOMINALS - 5  
Isometric Hold (Hook-Lying)



Lie with hips and knees bent. Slowly inhale, and then exhale.  
Pull navel toward spine and Hold for 5 seconds.  
Continue to breathe in and out during hold. Rest for 5  
seconds. Repeat 10 times. Do 1 times a day.