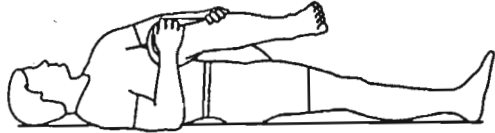


Stretch Piriformis supine w/hip fix



- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Grasp lower calf with your other 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 3 Repetitions,
twice a day.



Hold exercise for 30 Seconds.

Stretch hamstrings supine w/towel

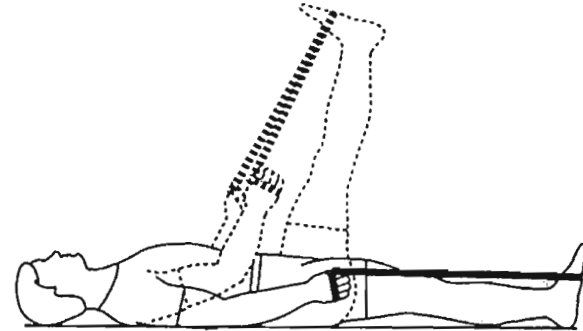
- Lie on back holding a towel looped under foot with knee straight, as shown.
- Gently pull leg up.
- Repeat with other leg.

Special Instructions:

Maintain a straight knee.

Perform 1 set of 3 Repetitions,
twice a day.

Hold exercise for 30 Seconds.

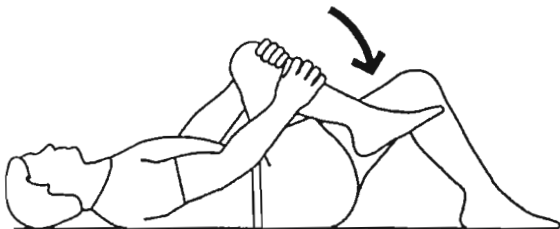


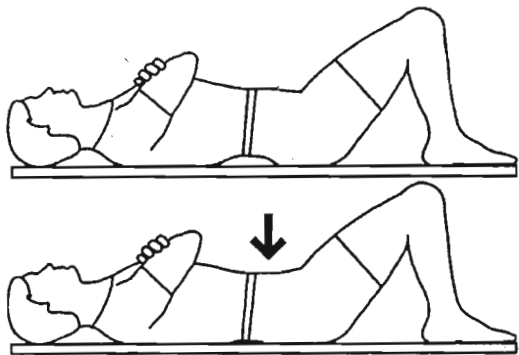
Stretch Quads supine

- Lie on back.
- Bring involved knee to chest.
- Hold and repeat.

Perform 1 set of 3 Repetitions,
twice a day.

Hold exercise for 30 Seconds.



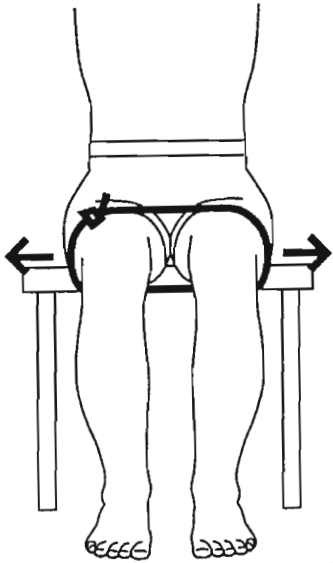


AROM lumbar pelvic tilt post supine

- Lie on back, knees bent.
- Tighten abdominal muscles and press low back down into floor 10 seconds (count with your fingers). relax, repeat
-
- Do this exercise for 2 minutes.
-

Perform 1 set of 10 Repetitions,
once a day.

Perform 1 repetition every 4 Seconds.



Iso hip abd sit w/belt

- Sit in chair or on firm surface.
- Loop a belt around knees.
- Push out, against the belt hold for 10 seconds (count with your fingers). relax, repeat
-
- Do this exercise for 2 minutes.

Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

Iso hip add sit w/pillow

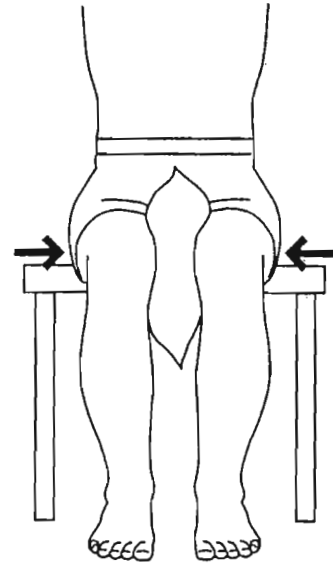
- Sit in chair or on firm surface with towel roll or pillow between knees.
- Squeeze legs together and hold for 10 seconds (count with your fingers). Relax and repeat.
-
- Do this exercise for 2 minutes.

Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



Iso hip gluteal sets

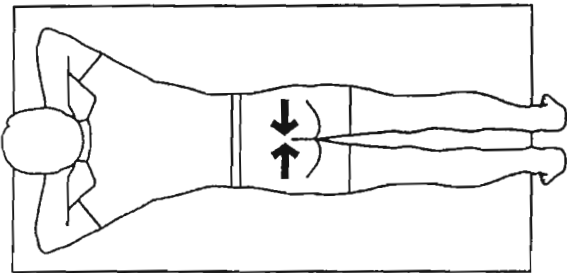
- Lie on back .
- bend your knees.
- Squeeze buttocks together for 10 seconds (count with your fingers). relax, repeat
-
- Do this exercise for 2 minutes..
-

Special Instructions:

Do Not Hold Breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

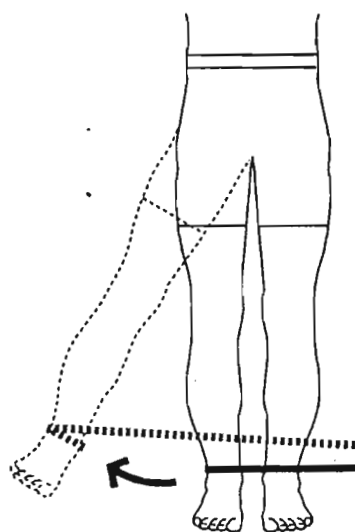


Resist hip abd uni stand w/elastic

- Attach elastic to secure object at ankle level.
- Stand with involved leg away as shown.
- Keep knee straight, pull away, moving leg outward.
- Return to start position.

Perform 1 set of 10 Repetitions,
once every other day.

Perform 1 repetition every 4 Seconds.
Use red Elastic.
Rest 1 Minute between sets.

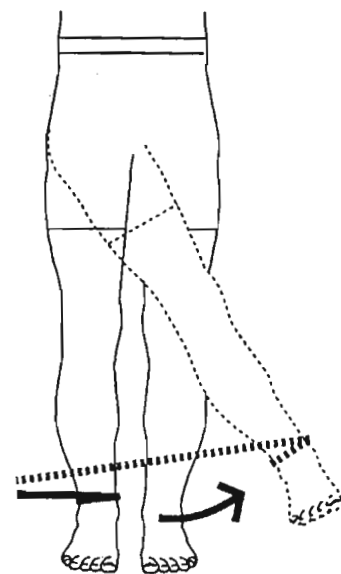


Resist hip add uni stand w/elastic

- Attach elastic to secure object at ankle level.
- Stand with involved leg toward pull, as shown.
- Keep knee straight, pull in, moving leg inward.
- Return to start position.

Perform 1 set of 10 Repetitions,
once every other day.

Perform 1 repetition every 4 Seconds.
Use red Elastic.
Rest 1 Minute between sets.

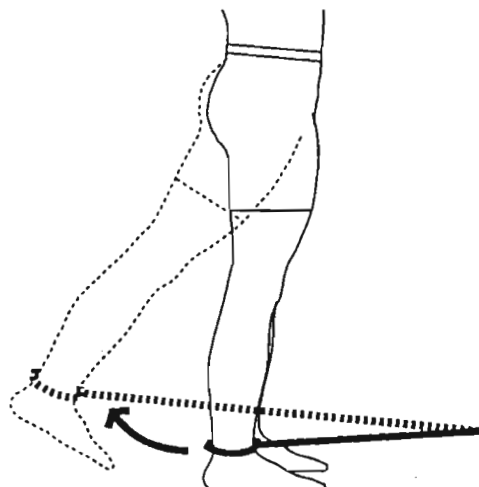


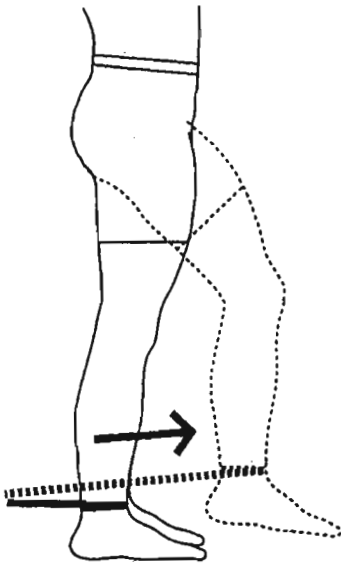
Resist hip ext stand w/elastic

- Attach elastic to secure object at ankle level.
- Loop around ankle.
- Stand, facing toward the pull.
- Extend leg backward, keeping knee straight.
- Return to start position.

Perform 1 set of 10 Repetitions,
once every other day.

Perform 1 repetition every 4 Seconds.
Use red Elastic.
Rest 1 Minute between sets.





Resist hip flex stand w/elastic

- Attach elastic to secure object at ankle level.
- Loop around ankle.
- Stand, facing away from the pull.
- Extend leg forward, keeping knee straight.
- Return to start position.

Perform 1 set of 10 Repetitions,
once every other day.

Perform 1 repetition every 4 Seconds.
Use red Elastic.
Rest 1 Minute between sets.

STABILIZATION EXERCISES

Fig A)
1-3

We begin our identification of the neutral spine position with the dead-bug exercises. Dead-bug exercises are done supine with the knees flexed and feet on the floor. With the assistance of the trainer or therapist, the player pushes his lumbar spine toward the mat until he exerts a moderate amount of force on the examiner's hand. This is not exaggerated, back flattening, extreme force, but a mild/moderate amount of painless force on the examiner's hand. The player is then taught to maintain this same amount of force through abdominal and trunk muscle contraction will:

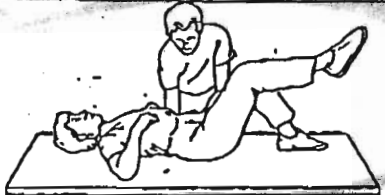
1. Raising one foot.
2. Raising the other foot.
3. Raising one arm.
4. Raising the other arm.
5. Raising one leg.
6. Raising the other leg.
7. Doing a leg flexion and extension with one foot.
8. Doing a leg flexion and extension with the other foot.

These same exercises can be performed with weights on arms or legs.

A1-1



A1-2



A1-3



A1-8
Shoulder Flexion - supine position, back locked in neutral, hands clasped, arms extended over the chest, knees bent, feet on the ground. Extend the arms over the head - hold - return.



A1-9
Shoulder Flexion with alternate lower extremity extension - supported. The exercise can also be done with arms at sides with alternate lower extremity extension, supported.



A2 & A3
Shoulder flexion with alternate lower extremity extension unsupported.



A1-4
Hold the spine in the painfree neutral position. Maintain that for a count of 10 and relax. Abduct the arms in an extended position along side the head and do the abdominal bracing maneuver by tightening into the painfree neutral position. Isometrically hold the trunk muscles for a count of 10 and relax.



A1-5
Hold the spine in the painfree neutral position, feet firmly on the ground and alternately flex and extend the arms with the fully extended arms while maintaining the neutral, painfree trunk position. Slowly alternate the arms to a count of 10 and return to the neutral, relaxed position.



A1-6
Tighten the trunk musculature in the neutral, painfree position and bring one leg off the ground to the 90/90 position (hips at 90 degrees, knee at 90 degrees) while maintaining the neutral, painfree position. The arms may be positioned at the side with palms to the floor for balancing. Hold for a count of 10 and then reposition the feet to the floor. Alternate legs.



A1-7
Combine maneuver 6 and 8 with alternate arm extensions and hip flexion. Left arm-right leg, then right arm-left leg. All while maintaining tight trunk control in the neutral, painfree position. Returning the feet and hands to the floor after each maneuver.

BRIDGING

B1



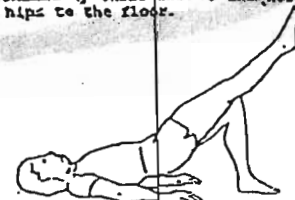
C1
Starting in the supine neutral position, raise the hips one inch off the floor and maintain the neutral, painfree position for a count of 10 then return hips to the floor.



C2
Raise the hips further off the floor to the maximum height allowed while maintaining the neutral position and hold for a count of 10 then return hips to the floor. This is not meant to be a back arching exercise, maintain trunk control in the neutral, painfree position throughout the exercise.



C1-1
Raise the hips off the floor approximately three inches and hold for a count of 10 then return the hips to the floor.



C1-2
Raise the hips off the floor approximately three inches and hold. Extend one leg while maintaining the back in the neutral painfree position. Hold for a count of 10. Place the foot back on the floor and relax the hips back to the start position. Repeat with the other leg. Weights can be added to the leg in this position and the legs may also be crossed over in a flexion/abduction/external rotation of the leg while maintaining the neutral painfree position.