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65MY-YN3U-NK20

#1. Quadruped - Bird Dog

Start on your hands and knees while keeping your back neutral. Take one arm and reach forward while taking the opposite leg and extend backward. Hold position momentarily, alternate, and return to start upon rep completion.

Sets	2
Reps	15
Holds	1 Second
Daily	1

#2. Bridge - Heels

Start lying on your back with your knees bent and feet flat on the floor. Place your arms next to your sides. Lift up your toes and raise your hips toward the ceiling by squeezing your abdominals and glutes until your body is in a straight line from your knees to your upper chest. Hold position momentarily, then return to start.

Sets	3
Reps	10
Holds	5 Seconds at Top
Daily	1

#3. Plank - Side Plank on Knees

Start by lying on your side, knees bent, legs stacked, and torso propped up on your forearm. Raise your hips toward the ceiling to eliminate floor-body contact between thighs and torso. Hold as prescribed then return to start.

Sets	2
Holds	15-30 Seconds
Daily	1

#4. Abdominal Bracing - Supine Marches Up/Up Down/Down

Start by lying on your back with both knees bent. Then, squeeze your abdominal muscles to stabilize your hips and spine. Bring one leg up toward your chest until your knee is directly over top of your pelvis. Hold that leg in place while bringing the opposite leg to mirror the same position. Hold position momentarily, then slowly return legs to start.

Sets	2
Reps	20
Daily	1

#5. Piriformis Stretch - Supine (Modified)

Start by lying on your back with legs straight. Bring the knee of the stretched side up toward our chest. Grasp your knee and gently pull it in the direction of the opposite shoulder until you feel a comfortable stretch in your glute. Hold as prescribed then release. *Can bring other knee up and rest foot on it then pull across body.

Sets	1
Holds	1 Minute