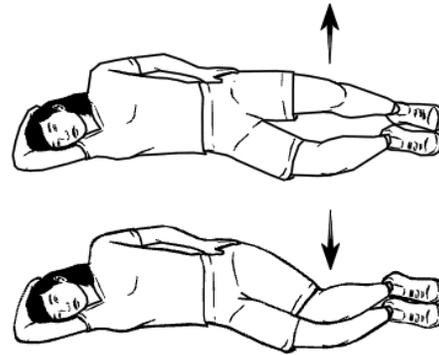


Hip and Low Back Rehabilitation Exercises

1. Clams

Lie on your side, keep your heels together and ensure your hip does not rock backwards as you lift the top knee up.

Perform 2 sets of 20 repetitions.



2. Sidelying Leg Lifts

Lay on one side with lower knee bent and top leg straight. Tighten abdominals by pulling navel to spine. Slowly raise top leg. Make sure movement is coming from the hip joint and not by side flexing the spine.

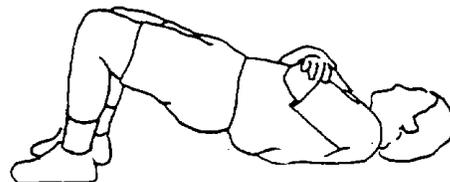
Perform 3 sets of 15 repetitions.



3. Hip Bridge

Lie on your back with your knees bent, feet flat on the floor - hip width apart. Squeeze your gluts to lift your hips up as pictured (see right). Hold position.

3 sets of 30 seconds. May add lifts or perform single-leg for increased difficulty.



4. Prone hamstring curl

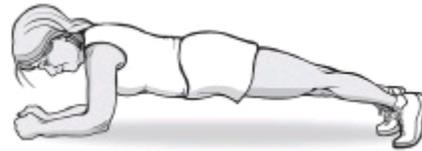
Lie on your stomach with a towel rolled up underneath your injured thigh, just above your knee. Slowly bend your knee and try to touch your buttock with your heel. Return to the starting position. You can challenge yourself by wearing ankle weights. Repeat 20 times. Perform 3 sets.

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5. Plank

Tighten your abdominal muscles, and press up so you're balanced on your toes and elbows. Don't let your hips sag or stick up: your body should be in a straight line from head to heels. Hold for 20 to 30 seconds, 3-4 sets.



6. Quadruped

1. Start in a position with hands under shoulder and knees positioned under hips with back in neutral position.

2. Raise right arm forward while keeping back in neutral position.

3. While holding right arm in raised position, focus on squeezing your gluts to extend opposite leg. Hold in this position for a 2-3 second count. Repeat on opposite side.

*It is important to maintain trunk in neutral position to work the core muscles and to avoid putting pressure on the low back – never arch your low back! Hold for a 2-3 second count and rest in starting position.

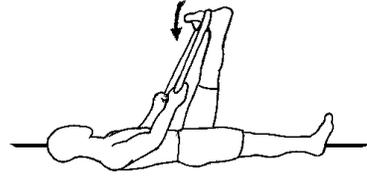
Perform 3 sets of 15 repetitions



Quadruped arm/leg raise

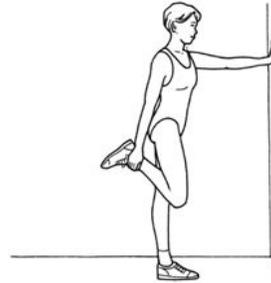
7. Hamstring Stretch

Perform 3 sets of 30 seconds.



8. Quad Stretch

Perform 3 sets of 30 seconds



9. Calf and Achilles Stretches

1. *Calf Stretch*: Stand with your hands against a wall and your injured leg behind your other leg. With your injured leg straight, your heel flat on the floor and your foot pointed straight ahead, lean slowly forward, bending the other leg.



2. *Achilles Stretch*: This time, bend your injured leg slightly.

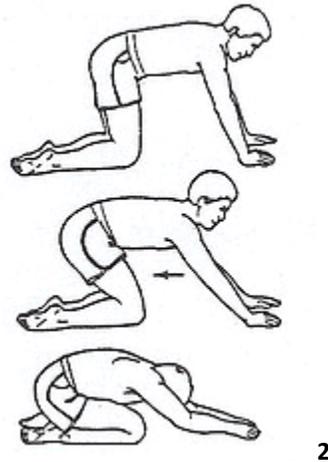
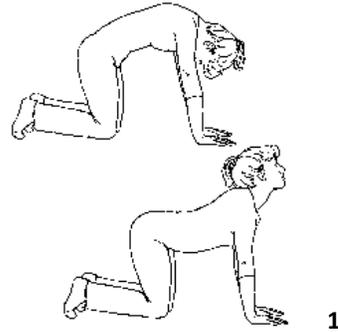
2 Sets of 30 seconds for each stretch.



10. Low Back Stretches

1. *Cat/Camel Stretch*: On your hands and knees, pull your belly button to your spine to round your back while exhaling. Hold for 3-5 seconds. Sag your back as you raise your head on inhale. If you have been having pain with extension activities, simply return to a neutral, flat-back position. Coordinate the motion with your breath as you repeat 10 times.
2. *Child's pose*: Lean back onto your heels while simultaneously pushing out forward through your palms. Hold for 20-30 seconds. Repeat 3-4 times.

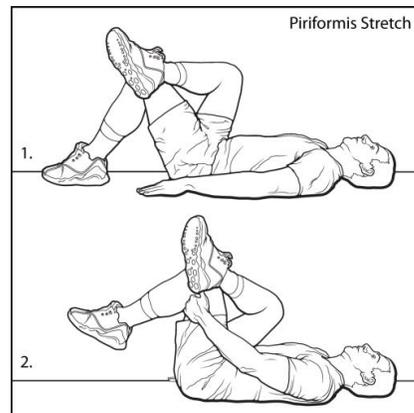
*You may also combine these two stretches by going from the "camel hump" directly into child's pose.



11. Piriformis Stretch

Cross right leg over left knee. Clasp hands behind bottom leg; pull both legs in toward chest. Repeat on opposite side.

Perform 3 sets of 30 seconds



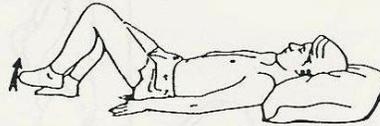
Lower Abdominals (The Dead Bug)

1-2 Sets 10 Repetitions 1 Times a day

Supine (Lying on Back) With Knees Bent:

Stage I:

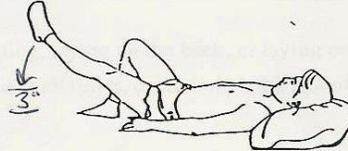
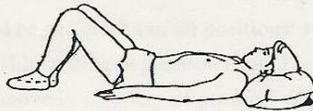
Find Neutral Pelvis. Brace the abdominal muscles. Lift one foot 3-4 inches, return foot to the floor and repeat with the opposite side. Use the abdominal muscles to keep the pelvis in the neutral position. **Do not allow the low back to arch!**



Stage II:

Use the same starting position as above. Lift one leg and slowly extend it out straight. Pause and return it to the starting position. Alternate legs. *Back-and-Forth*

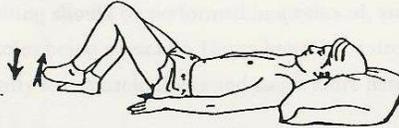
→ Progression
1-2 sets 15



Lower
↓
Hold 5 sec.

Stage III:

Maintain neutral pelvis, lift one foot off of the floor. Lower the leg back down; but, before the heel hits, lift the other leg. Repeat this process so that only one foot is touching the floor at one time.



Stage IV:

Find Neutral Pelvis. Lift both feet off of the floor and begin alternately extending and retracting the legs without touching the heels to the floor. Legs should remain about 2 inches from the floor. Remember to utilize the abdominal muscles to hold the neutral position.



Stage V:

Repeat the sequence described in Stage IV; however, alternate raising each arm over the head opposite of the leg movements.