

FEEL BETTER • MOVE FREELY • LIVE FULLY



PPT Double Knee to Chest Stretch

Begin lying flat on back with knees bent and feet flat. Grab knees with both hands and pull towards chest until a stretch is felt in the lower back. Hold for prescribed time and return to starting position.

Reps: 20
Hold: 10 seconds
Sets: 1
Perform: 5x per Day



PPT Seated Piriformis Stretch (Knee to Chest)

Begin in a seated position. Cross one leg over so it is resting on the opposite knee. Gently pull knee towards opposite shoulder until gentle stretch is felt. Maintain this position and hold, then return to starting position.

Reps: 20
Hold: 30 seconds
Sets: 1
Perform: 3x per Day



Hip Extension - Standing

While standing, balance on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements. Keep your trunk stable and without arching during movement. Use your arms for support if needed for balance and safety.

Reps: 10
Hold:
Sets: 1
Perform: 1x per Day



PPT Prone Hamstring Curl AROM

Begin by lying prone on table. Bring heel towards buttocks, then lower in a controlled manner.

Reps: 10
Hold: 30 seconds
Sets: 3
Perform: 1x per Day



PPT Seated Isometric Hip Adduction

Begin in seated position with ball or towel between knees. Squeeze knees together until you feel the inner thigh muscles engage, Hold for prescribed time, then relax.

Reps: 20
Hold: 10 seconds
Sets: 1
Perform: 10x per Day



Isometric Hip Abduction

Sit in chair. Place your hands on the outsides of your knees. Gently push your knees into your hands as you provide resistance with your hands. You will feel this through your hips. Hold for about 10 seconds and relax.

Reps: 10
Hold:
Sets: 3
Perform: 1x per Day



Straight Leg Raise

Begin on back, hands by sides, one knee bent with foot on floor, other leg straight. Keeping toes pointed up towards face and knee straight, lift leg up in line with opposite knee. Hold, then return to starting position.

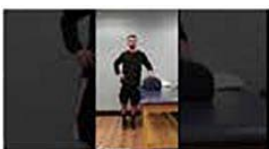
Reps: 10
Hold: 30 seconds
Sets: 1
Perform: 1x per Day



Single Knee to Chest Hands on Knee

Begin lying on your back with one leg bent and your other leg straight. with your hands on top of your bent knee. Pull your knee in towards your chest and hold. Return to starting position and repeat.

Reps: 10
Hold: 30 seconds
Sets: 3
Perform: 1x per Day



PPT Standing Hip Abduction

Begin standing upright next to chair or table for balance. Engage core and lift leg out to the side, ensuring toe points forward. Slowly lower back to starting position and repeat.

Reps: 10
Hold: 30 seconds
Sets: 3
Perform: 1x per Day



Clamshell (No resistance)

Begin lying on side with knees bent and hips in stacked position. Engage your core. Keep heels together and lift top knee, ensuring hips stay in line. Return to start position and repeat.

Reps: 10
Hold: 30 seconds
Sets: 3
Perform: 1x per Day