

Clams



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** 2 -3 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Begin lying on your side with your knees bent. Ensure your shoulders and hips are aligned. Lift your top knee towards the ceiling keeping your feet together and then slowly lower back down. Do not let pelvis roll back during lifting movement. Repeat as prescribed.

Posterior Pelvic Tilt



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** 3 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Begin by lying on your back with your knees bent and feet flat on the floor. Using your abdominals, gently roll your hips backwards, feeling your low back press downwards towards the floor. Hold as directed. Repeat as directed.

Bridges with Lumbar Stabilization



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** 3 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Begin by lying with knees bent and both feet placed on the floor with arms at your sides. Tighten your abdominals by drawing your belly button in toward your spine. Keeping the stomach tight, raise your hips off the surface by squeezing your gluteal muscles. Attempt to bring the hips up as far as you can while maintaining the abdominal contraction. Return to starting position. Repeat as directed.

Mini Squats with Chair



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Begin by standing with a chair directly behind but not touching you and feet shoulder width apart. Squat by bending from your hips and then knees like you were going to sit back in a chair while simultaneously bringing arms straight out in front of you and parallel to the floor. Squat down a few inches, until knees are bent to about a 45-degree angle. Return to stand while lowering arms back to side. Repeat as directed. Tip: keep your feet flat and do not allow your knees to go in front of your toes.

Standing Hip Abduction



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2
Times Per Week: 4-5

Description: Begin standing on flat ground. Place one hand on a railing or piece of stable furniture for stabilization. Lift the leg to be exercised out to the side while keeping the knee straight and toes pointed forward. Be sure keep the trunk and pelvis pointed forward. Slowly lower back to starting position. Repeat as directed.