STEP 1



Supine Piriformis Stretch with Foot on Ground

SETS: 2 | HOLD: 30 SECONDS | DAILY: 2

Setup

Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

Movement

Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.

Tip

Do not allow your back to twist or bend excessively during the stretch.

STEP 1



Supine Hip Adduction Isometric with Ball

SETS: 3 | REPS: 10 | DAILY: 1

Setup

Begin lying on your back with your legs bent, feet resting on the floor, and a soft ball positioned between your knees.

Movement

Squeeze your knees together into the ball, then release and repeat.

Tip

Make sure to keep your back flat against the floor during the exercise.

STEP 1



STEP 2



Abdominal Press into Ball and Roll

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent and feet resting on the floor, holding a swiss ball on your thighs.

Movement

Press your hands into the ball and tighten your stomach muscles, then roll the ball up your legs, lifting your shoulders off the ground. Return to the starting position and repeat.

Tip

Make sure to keep your back flat against the floor and keep your neck relaxed.

STEP 1



STEP 2



Hooklying Clamshell with Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your back with your knees bent, feet resting on the floor, and a resistance band or loop secured around your legs.

Movement

Move your knees away from each other, creating tension in the band, then slowly return to the starting position and repeat.

Tip

Make sure to not to arch your low back during the exercise.

MEDBRIDGE Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.

Supine Piriformis Stretch with Foot on Ground



SETS: 2	HOLD: 30 SECONDS
DAILY: 2	

Supine Hip Adduction Isometric with Ball



SETS: 3	REPS: 10
DAILY: 1	

Abdominal Press into Ball and Roll





SETS: 3	REPS: 10
DAILY: 1	WEEKLY: 7

Hooklying Clamshell with Resistance





SETS: 3	REPS: 10
DAILY: 1	WEEKLY: 7