

**Spiderman**

Lunge forward onto right leg, bringing right arm to the inside of the right leg and lower hips toward the floor until you feel a stretch in the left hip flexor; pause and then reach forward with opposite leg – like Spiderman – to the same position with the opposite leg.

Repeat 15 Times

Hold 3 Seconds

Complete 2 Sets

Perform 1 Times a Day

**THORACIC ROTATION - QUADRUPED**

While in a crawl position, lower your buttock a little towards your feet to get in a lower position as shown.

Next, with a hand behind your head, rotate your body and your head to the side, then return.

Repeat on the other side

Repeat 3 Times

Hold 15 Seconds

Complete 1 Set

Perform 1 Times a Day

**HALF KNEEL HIP FLEXOR STRETCH**

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Repeat 3 Times

Hold 10 Seconds

Complete 1 Set

Perform 1 Times a Day



### Foam roller-groin

Lie on stomach with one hip flexed to 90 degrees toward your shoulder on the foam roll. Stay up on your elbows and toe as you roll from the knee to the pelvis



### TPR gluteus medius

Place ball on outside of hip (above hip joint and crest of hip) and lay on side over top of it (can lay on softer surface like bed if very tender). Place top leg in front of bottom or can have resting on pillow/bolster. Lift bottom ankle off of ground rotating bottom leg to engage and relax the gluteus medius.

Duration 60 Seconds

Complete 1 Set

Perform 1 Times a Day



### Dynamic Hip Stretching Part II

Top Left: Knee to Chest; keep chest up, stance leg straight and squeeze stance leg glute

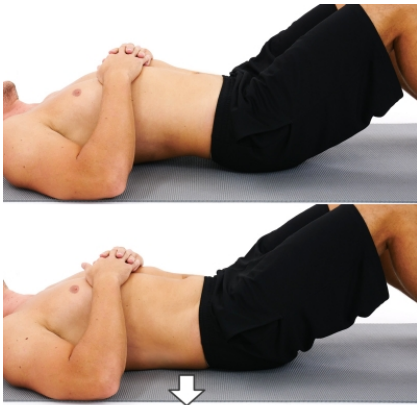
Top Right: Frankenstein's (HS kicks): Keep chest upright, stance leg and knee straight, reach toward toes w/ opposite hand

Bottom Left: Hip openers; drive knee up to waist line, then out to side as far as you can, then back to in front of you and down; repeat on opposite side

Bottom Right: alternating lateral lunge w/ overhead reach; alternate lunging to either side stretching the groin and adductors, keeping abdominals engaged as you reach hands overhead

Repeat 10 Times

Perform 2 Times a Day



### PELVIC TILT

While lying on your back, use your stomach muscles to press your spine downwards towards the ground. Do not move into a painful position.

Repeat 3 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 2 Times a Day



### Up, Up, Down, Down

Lay on your back and draw your lower abdominals in and make sure your back stays flat on the floor. Draw 1 knee up towards your chest and hold, draw your other knee up towards your chest. Then lower the first leg, then lower the second leg.

Repeat 20 Times  
Complete 2 Sets

Hold 2 Seconds  
Perform 1 Times a Day



### Donkey Kicks

Standing on one leg with the other one on the platform and foot against the shoulder rest, extend your knee by straightening your leg. Slowly return to the starting position.

Repeat 10 Times  
Complete 2 Sets

Perform 2 Times a Day

## QUADRUPED ALTERNATE ARM AND LEG

While in a crawling position, slowly draw your leg and opposite arm upwards.

Your arm and leg should be straight and fully out-stretched.



Repeat 1 Time  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



## Clam Shells

Lie down on your side with your knees bent and legs one on top of the other. Keeping your ankles together, slowly separate your knees (to look like a clam shell) and then return to the starting position.

As the exercise gets easier, add an elastic band around your knees for resistance.



Repeat 10 Times  
Complete 3 Sets

Perform 1 Times a Day

## PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day

