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Precision Physical Therapy

STEP 1

STEP 2

Supine Bridge

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

Setup
Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement
Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip
Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

STEP 1

STEP 2

Clamshell

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

Setup
Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement
Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip
Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

STEP 1

STEP 2

Sidelying Hip Abduction

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

Setup
Begin lying on your side with your top leg straight and your bottom leg bent.

Movement
Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

Tip
Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

STEP 1

STEP 2

Supine Active Straight Leg Raise

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

Setup
Begin lying on your back with one knee bent and your other leg straight.

Movement
Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

Tip
Make sure to keep your leg straight and do not let your back arch during the exercise.

STEP 1

Supine Piriformis Stretch with Foot on Ground

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

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.

PRECISION PHYSICAL THERAPY