

Always consult your physician before beginning any exercise program. The information and advice published or made available through the Orthopaedic and Neurosurgery Specialists, PC is not intended to replace the services of a physician or physical therapist. This general information is not intended to diagnose any medical condition. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

## Cat/ Camel

- 1) Start on all 4's, tighten your stomach and arch upward
- 2) Hold 3 sec, then relax and let your back sink downward, hold 3 sec, repeat 4



## Hip Flexor Stretch

- 1) Half kneeling, push hip of kneeling leg forward



- 2) Stretch 30 sec, repeat with opp leg

## Side Plank

- 1) Hold 30 seconds, repeat 3 times
- 2) Increase time as tolerated, repeat with opposite side



## Single Leg Bridge

- 1) Lie on your back, hold one leg up
- 2) Lift buttocks 10 times, 3 sets, repeat with opposite side



## Lateral Walking

- 1) Exercise band around thighs



- 2) Perform 4 20 ft side stepping

## Rotator Cuff Strengthening

- 1) Straight arm lifts in 3 directions: front, side, back (thumbs up)
- 2) 3 X 10 reps; add weights as tolerated



## Reverse Clam Shells

1) Lie on your side, elevate top leg with knee bent 90 degrees



2) Maintain leg position and lift foot higher, 3x10 reps, repeat with opposite side



## Piriformis Stretch

1) Pull knee diagonally to opposite elbow, hold 30 sec, repeat with opposite side



## Wall Sit Shoulder Rotation

1) Place ex band under one foot to secure



2) Hold band with opposite hand, lift band diagonally, touch wall, repeat with opposite side



## Single Leg Pull Downs

1) Knot ex band and place in door jam over head



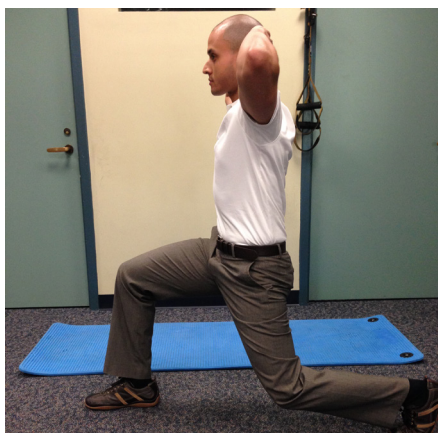
2) Stand on one leg, pull down band with both arms; 3X10 reps, repeat with opposite side





## Lunge and Rotate

1) Half kneeling position, hands behind head



2) Turn elbows upward away from kneeling side; rotate 3 times, switch kneeling leg, repeat with opposite side



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## All 4s with Rotation

1) Assume all 4 position, one hand behind head



2) Turn bent elbow upward towards ceiling; 2X10 reps, repeat with opposite side



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## Leg Stance with Rotation

1) stand on one leg against a wall



2) lift opp leg behind



3) turn torso vertically, repeat x 10, repeat with opposite side

