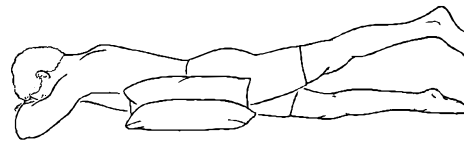




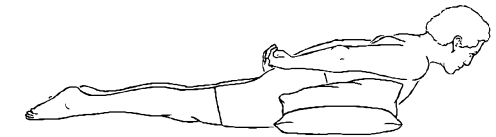
Braintree: 340 Wood Road, Suite 303 781-535-6053
 Weymouth: 15 Winter Court, 2nd Floor 781-340-1480
 Plymouth: 45 Resnik Road 508-340-1480
 Boston/North Station: 30 Lancaster Street 617-367-4700

Hip Extension (Prone)



Lift left leg 6-8 inches from floor, keeping knee locked.
 Repeat 10 times per set. Do 2 sets per session.
 Do 1 sessions per day.

Upper Body Extension



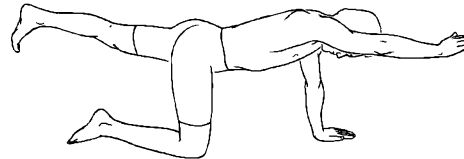
With pillow supporting abdomen, clasp hands behind back and lift upper body from floor. Keep chin tucked while lifting.
 Repeat 10 times per set. Do 2 sets per session.
 Do 1 sessions per day.

Arm / Leg Lift: Opposite (Prone)



Lift right leg and opposite arm 6 inches from floor, keeping knee locked.
 Repeat 10 times per set. Do 2 sets per session.
 Do 1 sessions per day.

Arm / Leg Extension: Alternate (All-Fours)



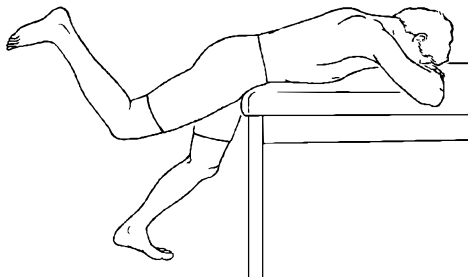
Raise right arm and opposite leg. Do not arch neck.
 Repeat 10 times per set. Do 2 sets per session.
 Do 1 sessions per day.

Extension (Prone)



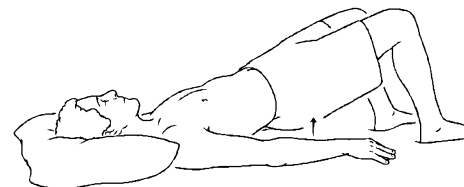
Lift upper body and legs from floor. Do not arch neck.
 Repeat 10 times per set. Do 2 sets per session.
 Do 1 sessions per day.

Hip Extension: Unilateral – Support



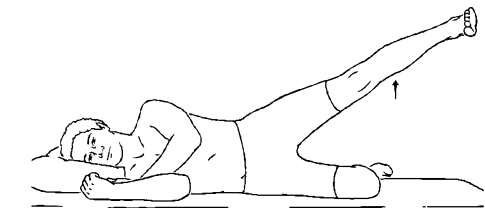
Leaning torso on table, lift right leg, knee bent.
 Repeat 10 times per set. Do 2 sets per session.
 Do 1 sessions per day.

Bridging



Slowly raise buttocks from floor, keeping stomach tight.
 Repeat 10 times per set. Do 2 sets per session.
 Do 1 sessions per day.

Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of left thigh, then lift leg 10-12 inches from surface, keeping knee locked.
 Repeat 2 times per set. Do 1 sets per session.
 Do 1 sessions per day.