



CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction. Video # VVWPCEBAB

Repeat 10 Times

Hold 3 Seconds

Complete 1 Set

Perform 1 Times a Day

DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest. Video # VVSHPUFNG



Repeat 1 Time

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



QUAD SET WITH TOWEL UNDER HEEL

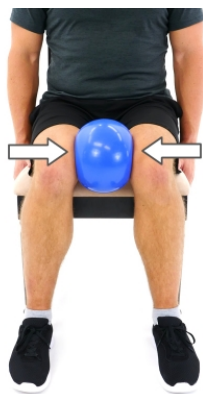
While lying or sitting with a small towel roll under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground. Video # VVEGWHYDU

Repeat 10 Times

Hold 5 Seconds

Complete 3 Sets

Perform 1 Times a Day



BALL SQUEEZE - SEATED

While sitting, place a ball between your knees. Squeeze the ball with your knees and hold. Relax and repeat. Video # VV5XZ3JJD

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 1 Times a Day

HIP FLEXION ISOMETRIC BILATERAL

While lying on your back, raise up your knees into and press them into your hands. Video # VV6LGXLTX



Repeat 3 Times
Complete 2 Sets

Hold 3 Seconds
Perform 1 Times a Day



DROP SQUATS

Drop quickly to approximately a 90 degree knee bend.

Repeat 5 Times
Complete 3 Sets

Hold 2 Seconds
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. Maintain pelvic neutral position the entire time. Video # VV2PBUD23



Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day

BRIDGE - ALTERNATE KNEE EXTENSION - ALT KNEE EXT

While lying on your back, raise your buttocks off the floor/bed into a bridge position.

Next straighten a leg so that only one leg is supporting your body. Then, return that leg back to the ground and change to the other side.

Try and maintain your pelvis level the entire time. Video # VV4PDWKBK



Repeat 5 Times
Complete 3 Sets

Hold 5 Seconds
Perform 1 Times a Day