

Stretch Piriformis supine w/hip ER

- Lie on back with knees bent.
- Cross one leg over the other.
- Grasp knee and ankle as shown.
- Pull knee across chest to opposite shoulder as shown.
- Repeat with other leg.

Perform 2 sets of 30 second(s), twice a day.

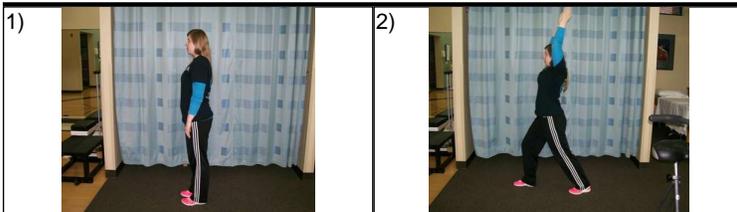
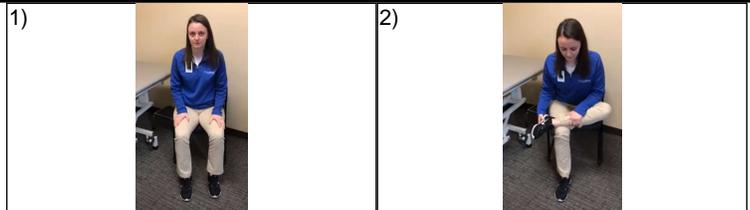
Rest 30 Seconds between sets.

Sitting piriformis stretch

- sit in a chair in an upright posture.
- With the involved leg cross your ankle across the other knee.
- Hold for 30 seconds feeling a gentle stretch in the glute.

Perform 2 sets of 30 second(s), twice a day.

Rest 30 Seconds between sets.



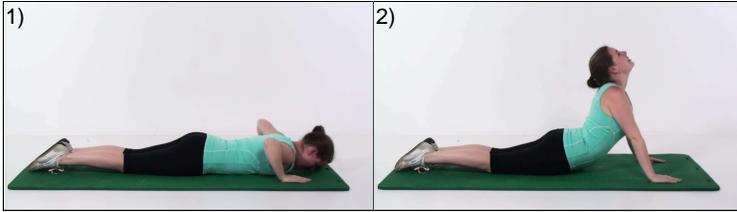
Dynamic Rectus Femoris Stretch

- Start standing next to a study object that you can hold onto, such as a counter or table.
- Lunge backwards keeping a slight bend in the front leg.
- Reach both hands overhead and back towards back leg.
- Step back leg forward to start position.

Perform 2 sets of 30 second(s), twice a day.

Issued By: Dr. Geoffrey Van Thiel

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.



AROM lumbar ext prone (full press ups)

- Lie face down, elbows bent, hands beside face.
- Push up on hands, straighten elbows, keeping hips on floor.
- Return to start position and repeat.

Perform 3 sets of 20 second(s), twice a day.

Rest 1 Minute between sets.

AROM hip abd uni sidelying

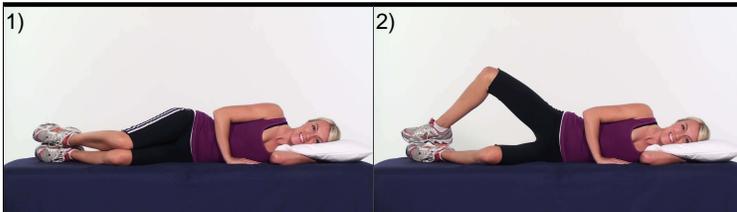
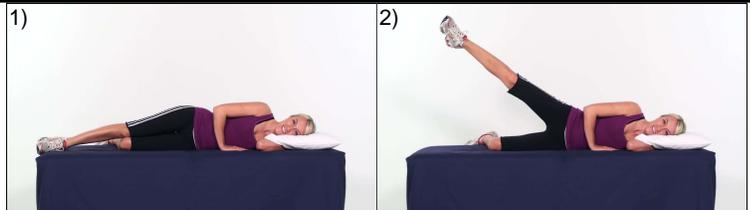
- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Special Instructions:

Do not roll trunk forward or backward.

Perform 2 sets of 20 repetition(s), twice a day.

Rest 1 Minute between sets.



AROM hip ER/abd sidelying

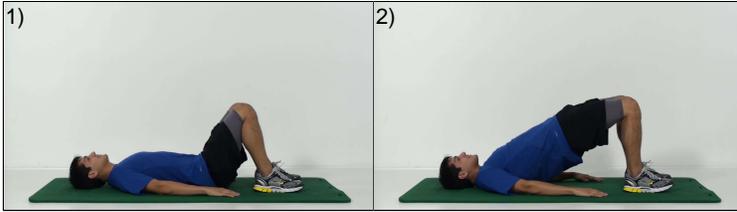
- Lie on side with knees bent, feet together.
- Lift top knee upward.
- Lower and repeat.
- Repeat exercise lying on other side.

Perform 2 sets of 15 repetition(s), twice a day.

Rest 1 Minute between sets.

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AROM lumbar bridging bil

- Lie on back with knees bent.
- Lift buttocks off floor.
- Return to start position.

Special Instructions:

Maintain neutral spine.

Perform 3 sets of 15 repetition(s), twice a day.

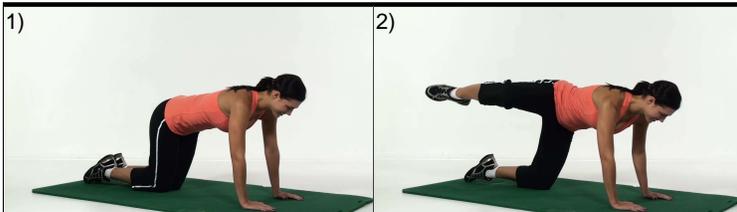
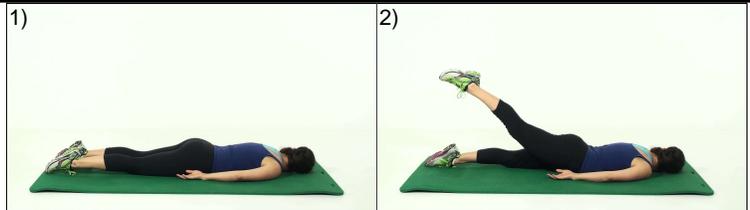
Rest 1 Minute between sets.

AROM hip ext prone straight leg

- Lie face down, knee straight on involved leg.
- Lift involved leg upward.
- Return to starting position.

Perform 2 sets of 15 repetition(s), twice a day.

Rest 1 Minute between sets.



AROM lumbar quadruped (fire hydrant)

- Begin on all fours.
- Raise leg backward and rotate outward.
- Hold for 2-3 seconds.
- Lower leg and repeat with other leg.

Special Instructions:

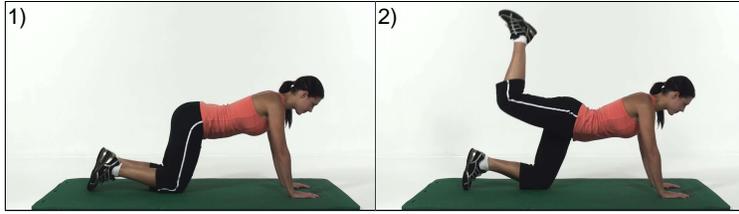
Maintain a level back, do not allow hips to twist.

Perform 3 sets of 10 repetition(s), twice a day.

Rest 1 Minute between sets.

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AROM hip ext quadruped

- Begin in four point kneeling.
- Lift one leg up, keeping knee bent.
- Lower and repeat.

Perform 3 sets of 10 repetition(s), twice a day.

Rest 1 Minute between sets.

AROM knee step ups

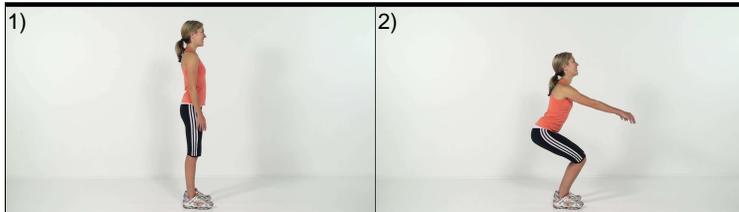
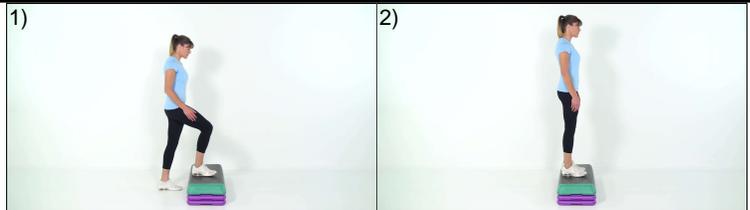
- Stand with involved leg on step.
- Shift weight over knee.
- Step up slowly.
- Step back down leading with involved leg.
- Repeat.

Special Instructions:

Do not push off with trailing foot. This can be done by keeping ball of foot of the trailing foot lifted up.

Perform 3 sets of 15 repetition(s), twice a day.

Rest 1 Minute between sets.



AROM knee squat bil full

- Stand with feet shoulder distance apart.
- Slowly bend knees to 90 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat.

Special Instructions:

Maintain proper low back posture.

Perform 3 sets of 15 repetition(s), twice a day.

Rest 1 Minute between sets.

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