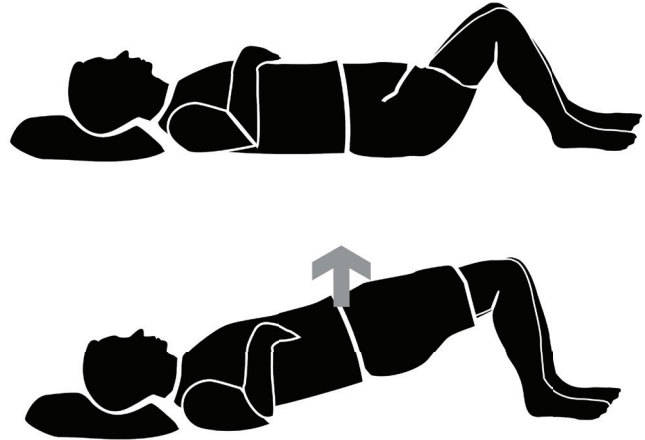


## BRIDGES

Repetitions:

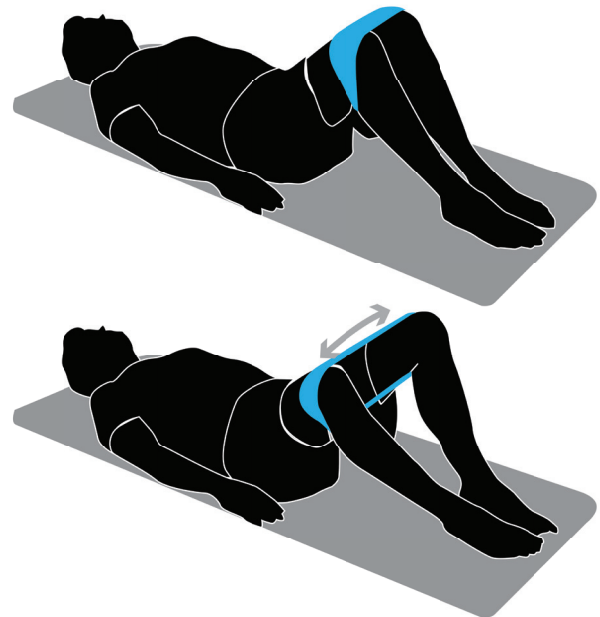
- Lie on back on firm surface, legs together and bent
- Tighten your abdominals and squeeze your buttocks and pelvis off the bed
- Hold and then lower to starting position slowly



## CLAMSHELLS WITH RESISTANCE BAND

Repetitions:

- Lie on back on firm surface, legs together and bent
- Tighten your abdominals and bring one knee towards your chest slowly, lifting your foot a few inches
- Bring it back down the repeat with opposite leg



## SIDE-LYING HIP ABDUCTION

Repetitions:

- Lie on your side and roll slightly forward onto the side of your hip to make sure your hips are stacked on top of each other
- With top leg straight out bend bottom leg back
- Slowly raise top leg up while keeping leg straight and toes pointed forward
- Slowly lower and repeat



## SIDE-LYING CLAMSHELLS

Repetitions:

- Lie on either side with bent knees and hips with ankles together
- Slowly lift top leg away from bottom leg
- Lift your leg up as high as you can without your upper body and hips rolling backwards
- Return to starting position
- A resistance band around both knees can be added for more of a challenge

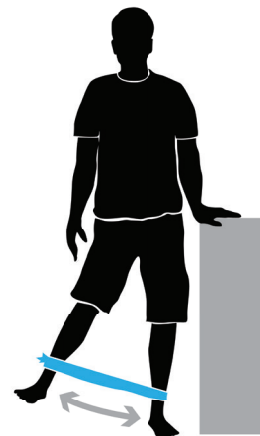


## STANDING HIP ABDUCTION WITH BAND

Repetitions:

**Standing with support/trunk upright. Perform with elastic band looped around ankles.**

- Hold table, counter or chair for balance, weight on non-operative leg
- Keep knee straight, move operative leg outward making sure your toes remain pointed forward. Try not to lean at the trunk to assist.
- Return to start position
- Once you can tolerate standing on your operative leg without pain, do this exercise for both legs



## STANDING HIP EXTENSION WITH BAND

Repetitions:

**Standing with support/trunk upright. Perform with elastic band looped around ankles.**

- Hold table, counter or chair for balance, weight on non-operative leg
- Keep knee straight, move operative leg straight backwards making sure your knee stays straight the entire time. Do not bend forward at the waist.
- Return to start position
- Once you can tolerate standing on your operative leg without pain, do this exercise for both legs

