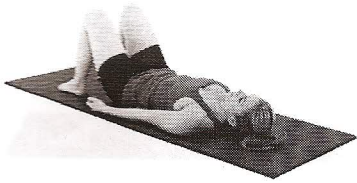
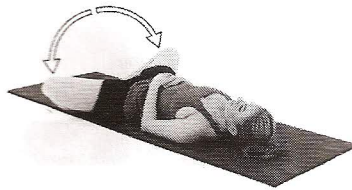


Supine Butterfly Groin Stretch

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your knees bent and feet resting on the floor.

Movement

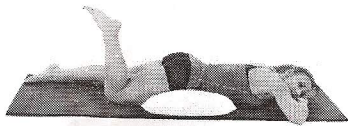
- Place the soles of your feet together and let your knees drop toward the floor until you feel a stretch in your inner thighs and hold.

Tip

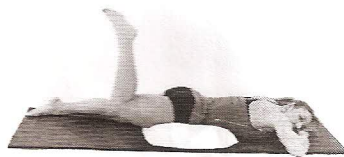
- Make sure to keep your low back flat on the ground during the stretch.

Prone Hip Extension with Bent Knee - One Pillow

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying face down with one pillow positioned under your lower abdomen and hips.

Movement

- Bend one knee to a 90 degree angle, then lift your leg off the ground, keeping your knee in the same position. Lower it back down and repeat.

Tip

- Avoid arching your back as you lift your leg. Make sure to keep your hips still and do not let them rotate side to side.

4 Way Patellar Glide

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin sitting upright on the edge of a chair with one leg forward.

Movement

- Place your fingers around your kneecap and gently move it inward. Hold briefly, then return to the starting position and repeat moving your knee cap outward, up toward your body, then down toward your toes.

Tip

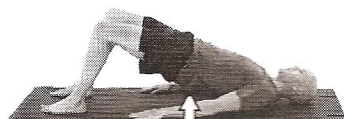
- Make sure to keep your leg muscles relaxed during the exercise.

Supine Bridge

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



Step 1



Step 2

Setup

- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

- Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

- Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.