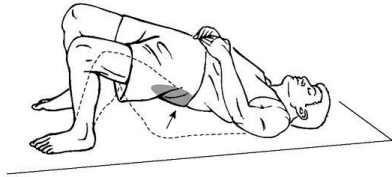


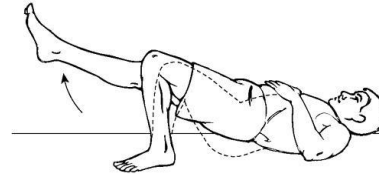
Date:
Patient Name:

STRENGTH • Hip Extensors



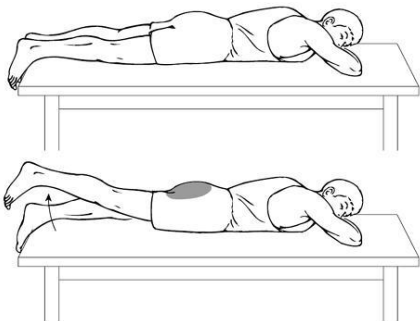
1. Lie on your back as shown with your knees bent and feet flat on the floor.
2. Fold your hands over your stomach or chest.
3. Tighten your buttocks, push down with your feet, and raise your buttocks as high as possible.
4. Hold this position for _____ seconds.
5. Repeat exercise _____ times, _____ times per day.

**STRENGTH • Hip Extension
Single Leg**



1. Lie on your back with your knees bent and feet flat on the floor.
2. Push down, raising your hips/buttocks off the floor.
3. Keep your pelvis level. Do not allow it to turn/rotate.
4. You may do this exercise with both legs together (which is easier) or with just one leg as shown (which is harder). Hold this position for _____ seconds.
5. Slowly lower to the starting position.
6. Repeat exercise _____ times, _____ times per day.

STRENGTH • Hip Extension



1. Lie on your stomach with your legs straight out behind you.
2. Raise your leg up behind you from your hip. Keep your knee straight. Hold this position for _____ seconds.
3. Slowly lower your leg to the starting position.
4. Repeat exercise _____ times, _____ times per day.