

YOUR DVD CODE: 115 - 841 - 340 - 392 - 286

1: 115 - Piriformis Stretch in Supine



- Lie on back
- Cross ankle on top on knee
- Reach with arms and pull lower leg towards chest until you feel a stretch

Sets: 2 Reps: 2 Sessions: 2 everyday Hold Time: 10 seconds Side: bilateral

2: 841 - Piriformis Stretch in Sitting



- Sit with one leg extended
- Cross ankle over knee
- Use arm to push knee across midline until you feel a stretch in hip

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s Side: bilateral

3: 340 - Resisted Hip External Rotation



- Sit with band around ankle
- Anchor band to same side of chair
- Rotate leg inward against band

Sets: 2 Reps: 10 Sessions: 2 everyday Resistance: as tolerated Hold Time: 2 seconds Side: bilateral

4: 392 - Hip Abduction in Quadruped



- Assume hands and knees position
- Maintain a bent knee as you bring leg away from midline
- Return to starting position

Sets: 2 Reps: 10 Sessions: 2 everyday Resistance: as tolerated Hold Time: 2sec Side: bilateral

5: 286 - Modified Hip Abduction



- Lie on side with pillow between legs
- Raise top leg toward ceiling with kneecap facing up

Sets: 2 Reps: 10 Sessions: 2 everyday Resistance: as tolerated Hold Time: 2sec Side: bilateral