

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

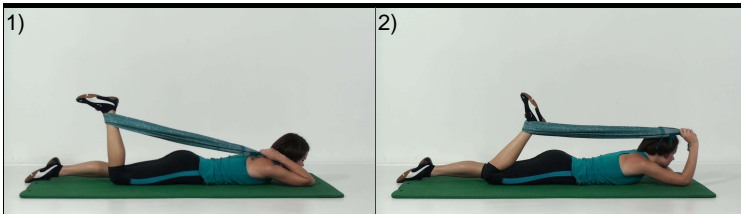
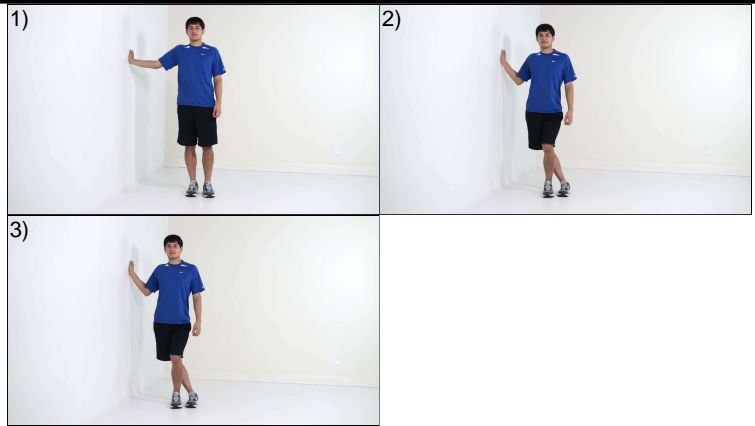
Rest 30 Seconds between sets.

Stretch IT/TFL stand at wall

- Stand next to wall, about a foot away, involved leg toward wall.
- Cross over the uninvolved leg in front, and lean hip into wall, as shown.

Perform 3 sets of 30 second(s), twice a day.

Rest 30 Seconds between sets.



Stretch Quads prone w/towel

- Lie face down.
- Bend knee and loop towel around ankle.
- Gently pull towel to stretch muscle on front of thigh.

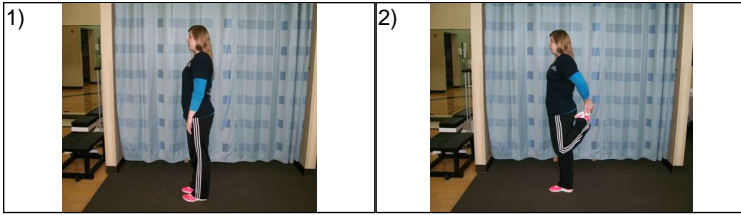
Perform 3 sets of 30 second(s), twice a day.

Use Towel.

Rest 30 Seconds between sets.

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.



Dynamic Quad stretch

- Start standing next to a sturdy object that you can hold onto, such as a counter or table.
- Pull your heel towards your bottom with one hand.
- Only pull up to a point that is comfortable.
- Continue by alternating legs.

Special Instructions:

Place hand on counter to assist with balance.

Perform 3 sets of 30 second(s), twice a day.

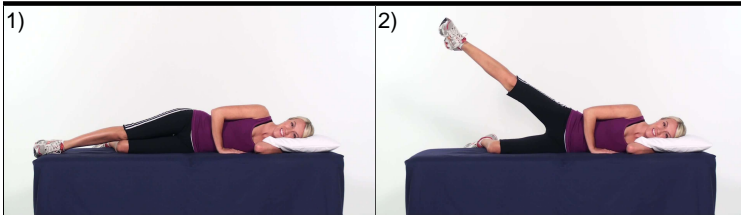
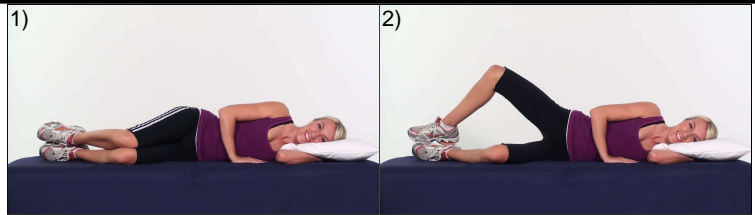
Rest 30 Seconds between sets.

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.



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:

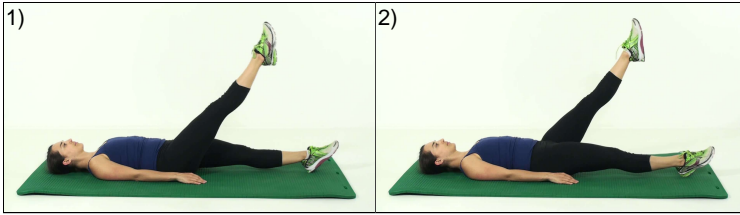
Do not roll trunk forward or backward.

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

Rest 1 Minute between sets.

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 hip flx (SLR) supine legs straight

- Lie on back with legs straight.
- Tighten abdominal muscles and keep low back against floor.
- Raise left leg as high as possible while keeping both legs straight.
- Return to starting position.
- Repeat with other leg.

Special Instructions:

Keep low back flat against floor throughout the entire motion of raising and lowering leg.

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

Rest 1 Minute between sets.

AROM lumbar alt leg/arm (bird dog)

- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

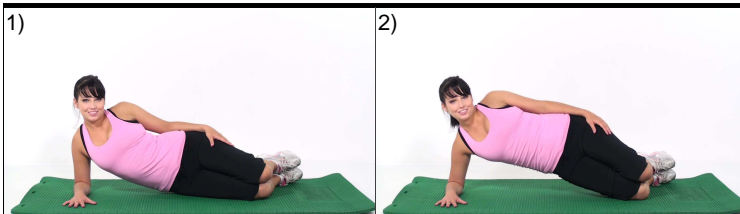
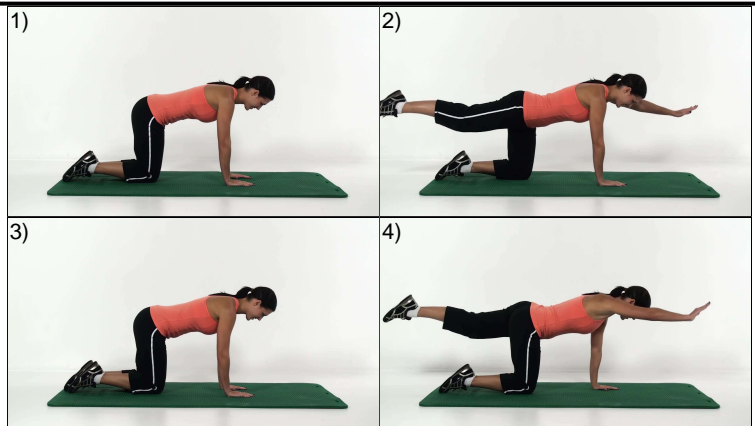
Special Instructions:

Maintain neutral spine, do not twist.

Progress by placing weights on ankles and wrists.

Perform 2 sets of 5 repetition(s), twice a day.

Rest 1 Minute between sets.



AROM lumbar sidebend pushup

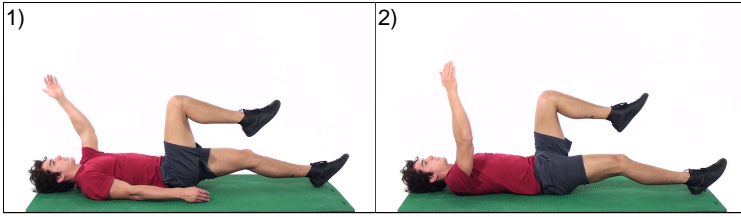
- Lie on floor on your side, forearm supporting upper body.
- Knees should be bent to 45 degrees.
- Place free hand on hip as shown.
- Keep knee and lower leg on floor and raise hip off floor.
- Lower and repeat.
- Repeat exercise on other side.

Perform 2 sets of 10 minute(s), twice a day.

Rest 1 Minute between sets.

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 shld/hip alt supine

- Lie on back.
- Raise your arm, keeping elbow straight.
- At the same time raise your opposite leg bending your hip and knee as much as possible.
- Lower and repeat with opposite arm and leg.

Special Instructions:

Try to raise arm and leg together and lower arm and leg

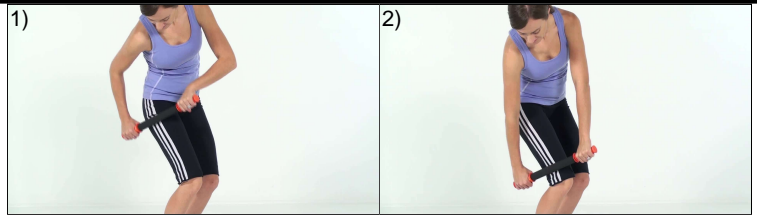
Perform 2 sets of 10 repetition(s), twice a day.

Rest 1 Minute between sets.

Massage IT band w/Tiger Tail

- Stand in comfortable position.
- Use roller, a ball, or ball of the hand to rub up and down the outside of thigh muscle.

Perform 1 set of 1 minute(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.