

**Notes :**

**1 TA activation, heel slide**



Lie on your back with your knees bent and your back in a neutral position (halfway between flat back and arched back). Engage your core by recruiting your pelvic floor and transverse abdominis. Maintain a steady abdominal breathing while you slide one foot out until your leg is straight. Return slowly to the initial position and repeat with the other leg. Your back must stay in neutral at all times.

**2 Bent knee fall out**



Lie on your back with your knees bent and your lower back in neutral position (slightly arched). Engage your core by recruiting your pelvic floor and transverse abdominis. Maintain a steady abdominal breathing while you open one leg to one side, keeping your lower back and the other leg completely still. Return to the middle and repeat with the other leg.

Sets: 1-2 Reps: 5-10 Freq: Daily or Twice Daily

**3 Glutes bridge on heels**



Lie on your back with your knees bent. Raise your forefoot and push your heel to the ground to relax the muscles in the back of your thighs. Squeeze your buttocks together and lift them off the ground to make a straight line with your body. Slowly lower your body and repeat.

**4 Cat and dog stretch**



Start on all fours with your back straight, hands under the shoulders and knees under the hips. To do the dog stretch, slowly inhale and let the belly fall toward the floor to arch the back and extend the head at the same time. To do the cat stretch, slowly exhale, round the back and tuck the chin to the chest. Alternate between these two positions slowly.

Sets: 1-2 Reps: 5-10 Freq: Daily or Twice Daily

**5 Trunk/shoulder mobility**



In a quadrupedal position, knees together and hands under the shoulders, reach under with one hand, come back and rotate the trunk to raise the hand toward the ceiling. Increase the range of motion progressively. You can rotate the trunk but do not lift the knees off the floor.

Sets: 1-2 Reps: 5-10 Freq: Daily or Twice Daily