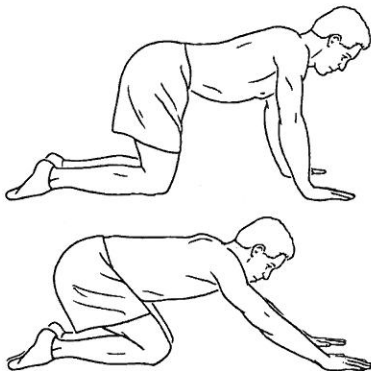


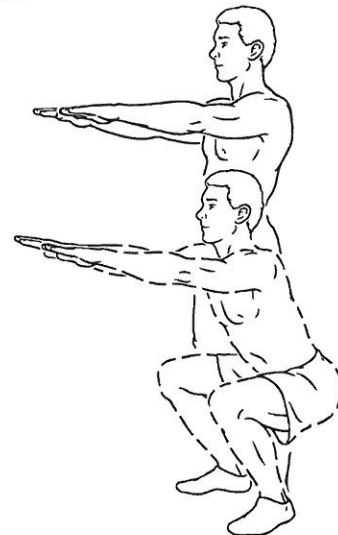
HIP / KNEE - 72 Knee Flexion Mobilization (All-Fours)



Slowly move trunk and hips back, bending knees, until a gentle stretch is felt. Hold ____ seconds. Relax.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

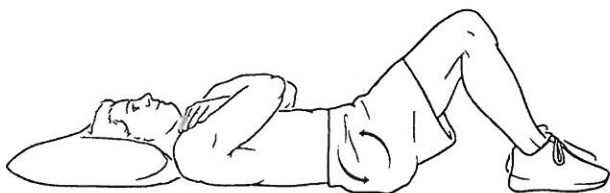
HIP / KNEE - 79 Deep Squat



Stand with feet shoulder width apart and squat deeply, head and chest up.

Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

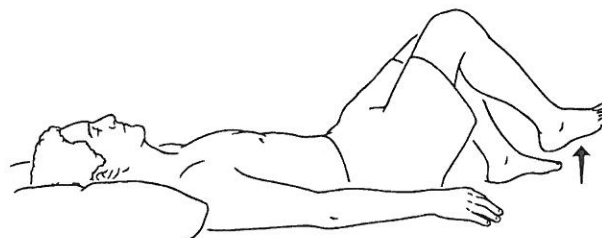
BACK - 56 Pelvic Tilt: Posterior – Legs Bent (Supine)



Tighten stomach and flatten back by rolling pelvis down. Hold ____ seconds. Relax.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

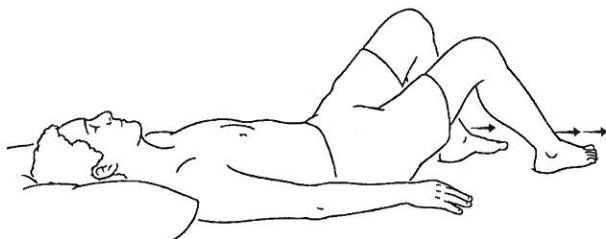
TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise right leg ____ inches from floor. Keep trunk rigid. Hold ____ seconds.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

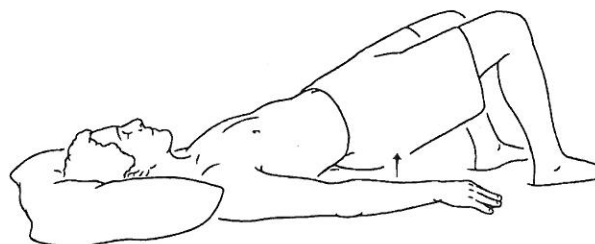
TRUNK STABILITY - 8 Heel Walk (Hook-Lying)



Tighten stomach and slowly walk feet forward in short steps until legs are nearly straight, or until back begins to arch.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.

TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.

Repeat ____ times per set. Do ____ sets per session. Do ____ sessions per day.