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.