

1. Bird Dog

Preparation:

- Start on hands and knees, hips and shoulders at 90°

Execution:

- Lift one arm straight out in front
- At the same time, lift opposite leg straight back



Start Position



Lift one arm straight out front and lift the opposite leg straight back



Return to start



Repeat on the opposite side

2. Bridge

Preparation:

- Lie on your back with arms resting at your sides, palms up
- Bend hips and knees, placing feet on flat surface
- Pull belly button in

Execution:

- Lift your hips off the surface to make a bridge
- Do not arch your back
- Keep belly button pulled and squeeze glutes during movement
- Lower slowly



Lie on back, arms resting at your side, palms up; Bend hips and knees, place feet on flat surface



Keep belly button pulled and squeeze glutes during movement



Lower slowly back to start position

3. Lumbar Rotation Stretch | Top Down

Preparation:

- Lie on your side

Execution:

- Bend your hip and your knee to 90 degrees
- Now let your upper back rotate towards the bed



Lie on side, hold leg



Rotate upper back toward bed

4. Child's Pose

Preparation:

- Kneel on the floor, buttocks over heels.

Execution:

- Stretch arms forward far as you can.
- Let head and trunk sag to the floor and hang heavy.



Start in 4 point



Buttocks over heels, stretch arms

5. Iliopsoas Stretch (Chair)

Preparation:

- Stand with good posture with one knee up on a chair

Execution:

- Push your hips forward until you feel a stretch in the front of your thigh



Tuck tail bone under, avoid arching through lower back



Push up forward to feel a stretch in the front of your thigh

6. Piriformis/External Rotator Stretch

Preparation:

- Lie on your back with knees bent. Cross the leg you want to stretch over the other knee
- Grab the back of your thigh with your hands

Execution:

- Pull your knees towards your chest
- Feel a stretch in buttock



Cross leg over knee

Pull knees toward chest

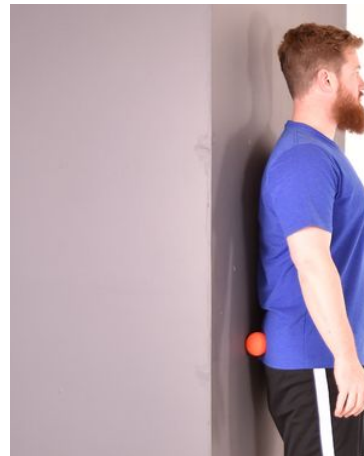
7. Glute Self Release (Ball)

Preparation:

- Place ball on wall at your glutes

Execution:

- Massage sorest areas



Massage sorest areas

8. Piriformis / DHR Release (Ball)

Preparation:

- Sit on the ground, knees bent.
- Cross your ankle over your opposite knee.
- Wedge a tennis ball between the buttock of your crossed leg and the ground.

Execution:

- Use your arms to support your weight.
- Let your buttock sink into the ball.
- Roll the ball gently to massage the muscles.



Massage buttock with tennis ball