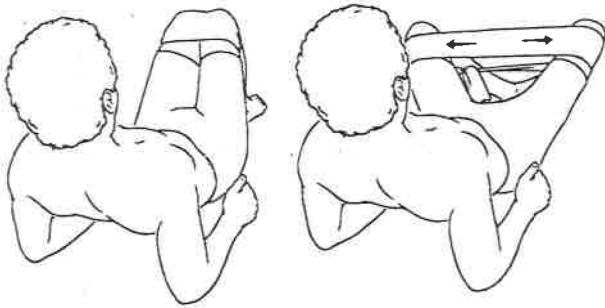


1. Hip Exercises Lying Down

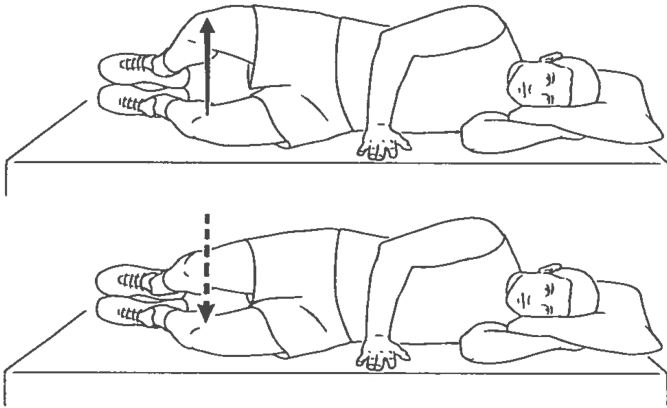
Level 1



Hip rotation on back

- Lie on your back with your knees bent and feet hips' width apart.
- Place band loop around your knees.
- Keep feet in place and rotate knees outward, squeezing from your buttocks.
- Avoid arching back as knees move apart.
- Slowly return to center and repeat per your exercise log instructions.

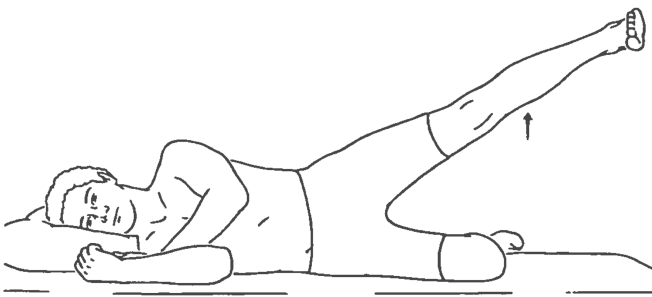
Level 2



Clamshell

- Lie on your side with your knees bent.
- Roll your hips and body forward toward the floor.
- Lift your top knee but keep your feet together.
- Keep your hips and body forward during the entire movement.
- Lift only as high as you can without rolling your hips back.
- Slowly lower and repeat per your exercise log instructions.

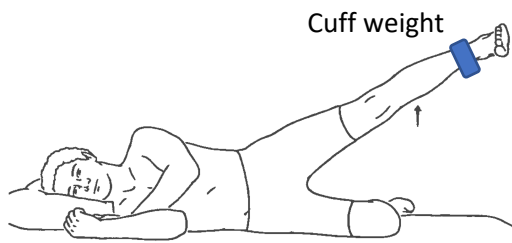
Level 3



Sidelying leg raise

- Lie on your side with your back about 4-6 inches from a wall.
- Keep your bottom knee bent and top leg straight.
- Roll your hips and body forward and touch the heel of your top leg to the wall.
- Lift your top leg up by sliding your heel up the wall.
- Keep your toe pointed slightly down, your hips and body forward, and your heel against the wall
- Feel like you are reaching your leg out as long as you can and do not roll back as you lift.
- Slowly lower and repeat per your exercise log instructions.

Level 4



Sidelying leg raise with weights

- Same as Level 3, but add cuff weight to ankle as instructed by your PT.

2. Hip Exercises Standing

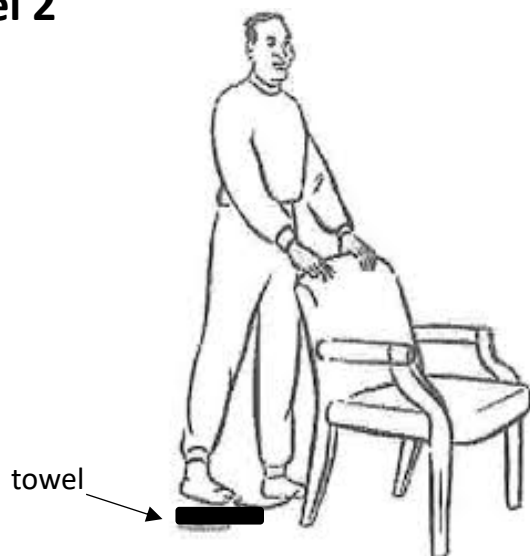
Level 1



Standing on one leg

- Stand in a place where you can place your hands on something for support, and preferably in front of a mirror.
- Stand on one leg as tall as possible, and use hands to balance (light pressure only).
- Squeeze buttocks of standing leg and keep hips level.
- Do not let your hips move side to side or drop to one side.
- Hold for 3-5 seconds, repeat on other leg per your exercise log instructions.

Level 2



Standing towel slides

- Stand in a place where you can place your hands on something for support, and preferably in front of a mirror.
- Place one leg on a towel.
- Use your hands to balance (light pressure only)
- Squeeze buttocks and slide the foot on the towel out to side and slowly back in. Keep hips level.
- Do not let your hips move side to side or drop to one side.
- Slowly return to starting position and repeat per your exercise log instructions
- Add a band if instructed to do so around both legs just above ankle.

Level 3



Standing leg lifts to side

- Stand in a place where you can place your hands on something for support, and preferably in front of a mirror.
- Stand on one leg as tall as possible, and use hands to balance (light pressure only).
- Squeeze buttocks of standing leg and keep hips level.
- Lift the other leg out to the side and slightly back.
- Do not let your hips move side to side or drop to one side.
- Slowly return to starting position and repeat per your exercise log instructions
- Add a band if instructed to do so around both legs just above ankle.

3. Trunk Exercises Lying Down (Side)

Level 1



Side lifts on knees and elbows

- Lie on your side with knees bent, propped up on one elbow.
- Keeping your hip and elbow on the ground, lift your rib cage up from the ground.
- Try not to arch or round your back.
- Lift and hold up to 20-30 seconds or as instructed by your PT. Slowly lower and repeat per your exercise log.

Level 2



Side plank on knees and elbow

- Lie on your side with knees bent, propped up on one elbow.
- Lift your bottom hip and trunk up from floor, keeping your knee and elbow on the ground.
- Try not to arch or round your back.
- Imagine your body is trying to stay between two planes of glass.
- Lift and hold up to 20-30 seconds or as instructed by your PT. Slowly lower and repeat per your exercise log.

Level 3



Side plank on feet and elbow

- Lie on your side with your legs extended, propped up on one elbow.
- Lift your bottom hip and trunk up from floor, keeping your feet and elbow on the ground.
- Try not to arch or round your back.
- Imagine your body is trying to stay between two planes of glass.
- Lift and hold up to 20-30 seconds or as instructed by your PT. Slowly lower and repeat per your exercise log.

Level 4

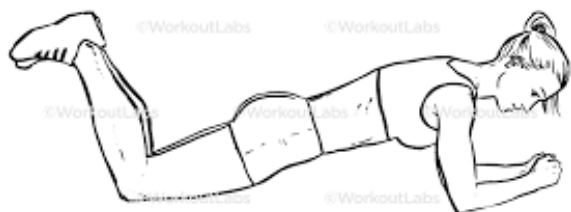


Side plank on feet and elbow with leg lift

- Per above, when holding the side plank position, lift top leg up, keeping in line with body.
- While maintaining trunk position, slowly lower leg and repeat per exercise log.

3. Trunk Exercises Lying Down (Forward)

Level 1



Forward plank on knees and elbows

- Lie on your stomach, propped up on your elbows.
- Lift your toes off the ground by bending knees (optional)
- Keeping your knees and elbows on the ground, lift your trunk up from the ground
- Keep your back as flat as possible. Try not to arch or round your back.
- Lift and hold up to 20-30 seconds or as instructed by your PT. Slowly lower and repeat per your exercise log.

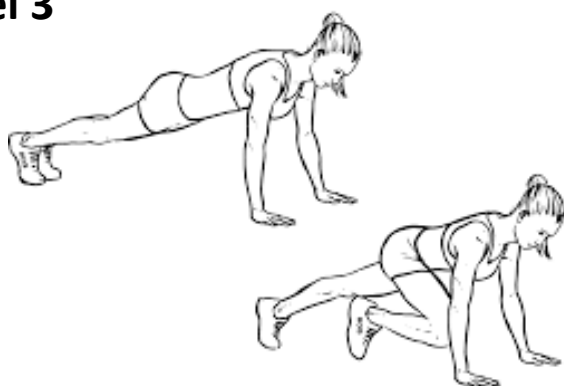
Level 2



Forward plank on toes and elbows

- Lie on your stomach, propped up on your elbows.
- Keeping your knees and toes on the ground, lift your trunk up from the ground
- Keep your back as flat as possible. Try not to arch or round your back.
- Imagine your body is trying to stay between two planes of glass.
- Lift and hold up to 20-30 seconds or as instructed by your PT. Slowly lower and repeat per your exercise log.

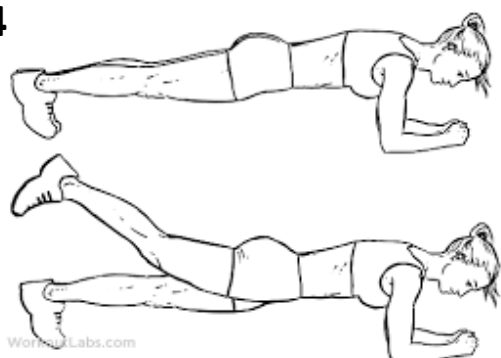
Level 3



Forward plank with hip flexion (mountain climbers)

- Lie on your stomach, propped up on your elbows.
- Keeping your knees and toes on the ground, lift your trunk up from the ground
- Slowly lift one foot off ground, bend hip and knee so that that knee comes towards your elbow on the same side.
- Return knee to starting position, alternate sides.
- Try not to shift weight too much from one hand to the other when lifting leg.
- Repeat per exercise log.

Level 4

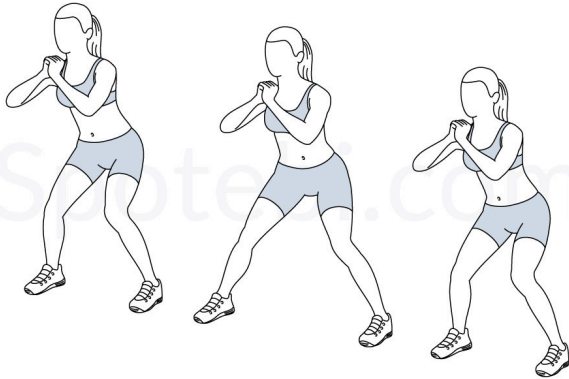


Forward plank with leg lifts

- Start as per prior exercise (level 3)
- Slowly lift one foot off ground, keeping knee straight and extending leg into the air.
- Return knee to starting position, alternate sides.
- Try not to shift weight too much from one hand to the other when lifting leg.
- Repeat per exercise log.

5. Trunk Functional Exercises

Level 1

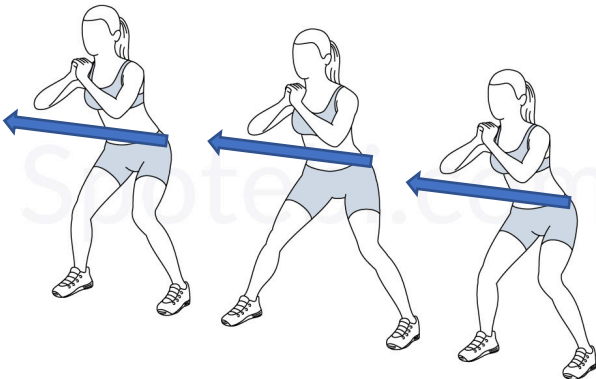


Lateral walking

- With knees slightly bent and toes pointing forward, walk sideways to left then right
- Try to maintain hips level and do not let pelvis rotate
- Repeat to left and right based on exercise log

*If instructed, practice for forward and backward walking

Level 2

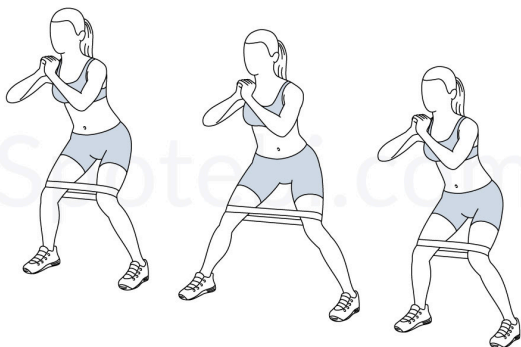


Lateral walking*

- Place resistance band around waist and anchor to doorway or other solid anchor point
- With knees slightly bent and toes pointing forward, walk sideways away from anchor point
- Try to maintain hips level and do not let pelvis rotate
- Repeat on other sides.
- Refer to exercise log for number of steps and sets to perform on each side.

*If instructed, practice for forward and backward walking

Level 3



Lateral walking*

- Place resistance band loop around thighs above knees
- With knees slightly bent and toes pointing forward, walk sideways away from anchor point
- Try to maintain hips level and do not let pelvis rotate
- Repeat on other sides.
- Refer to exercise log for number of steps and sets to perform on each side.

*If instructed, practice for forward and backward walking