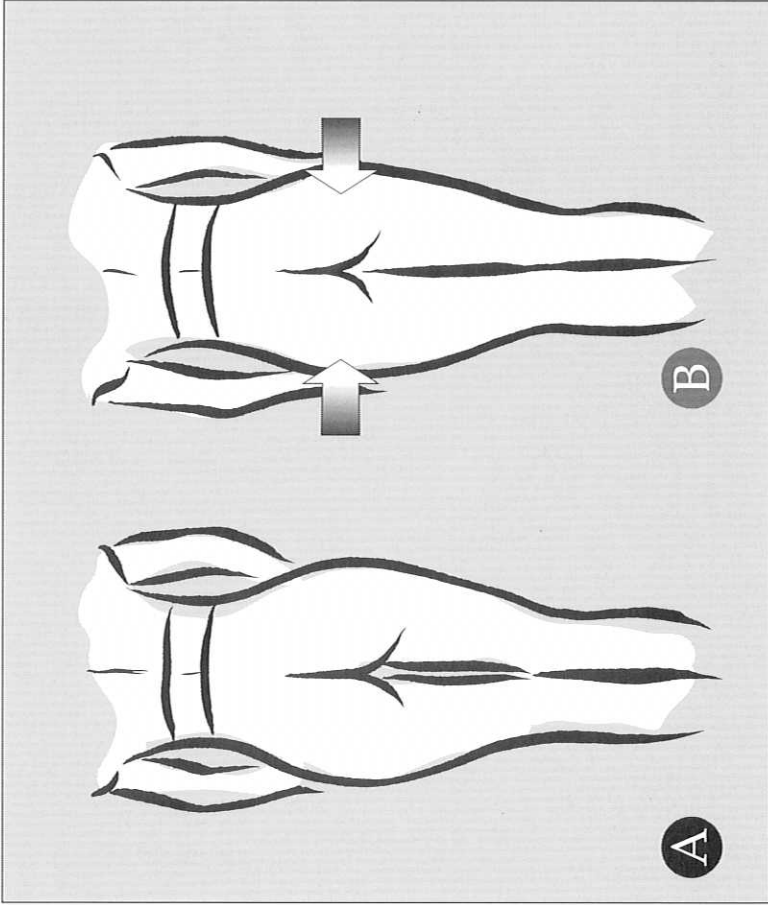


ACTIVE

# Buttock Tensing

PELVIC

EXERCISE 21



STARTING POSITION

Standing.

EXERCISE

Tense your buttock muscles.

Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

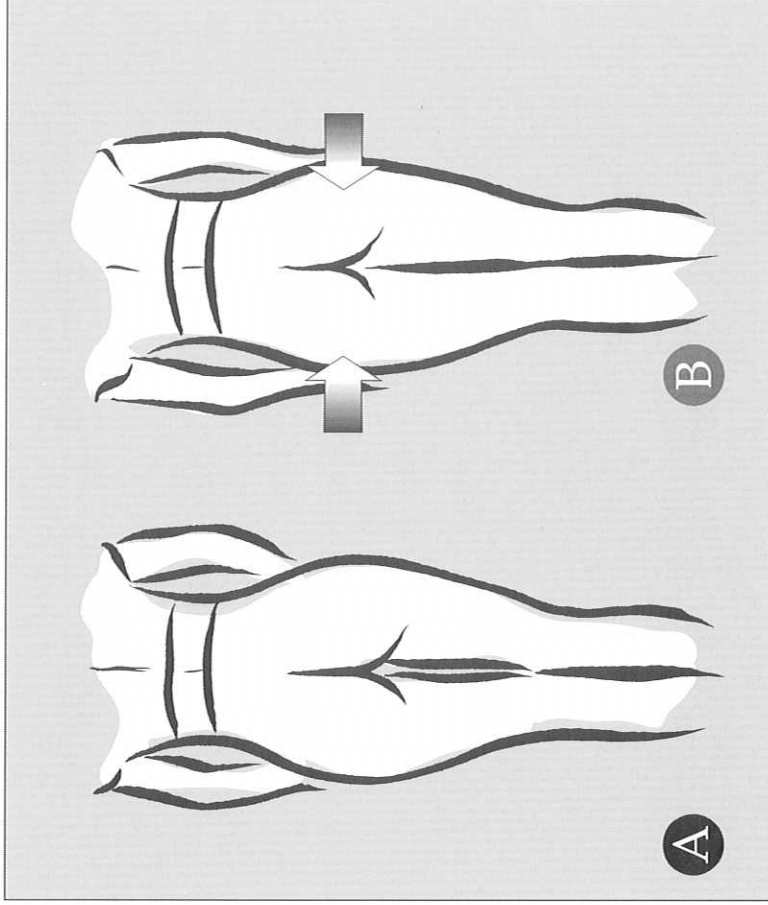


ACTIVE

# Buttock Tensing

PELVIC

EXERCISE 21



STARTING POSITION

Standing.

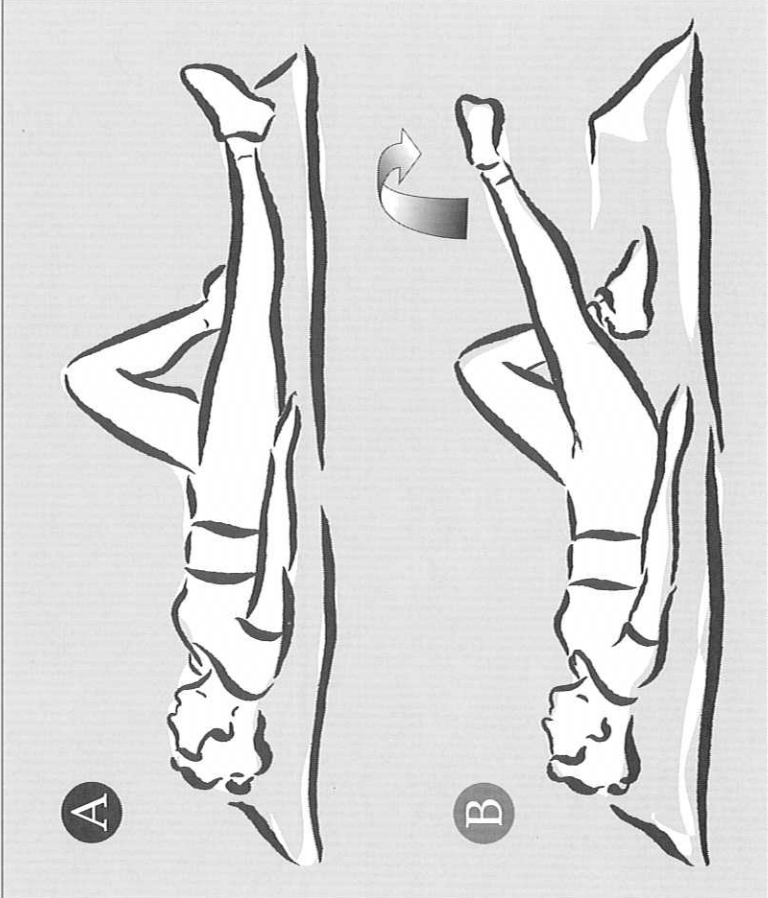
EXERCISE

Tense your buttock muscles.

Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_



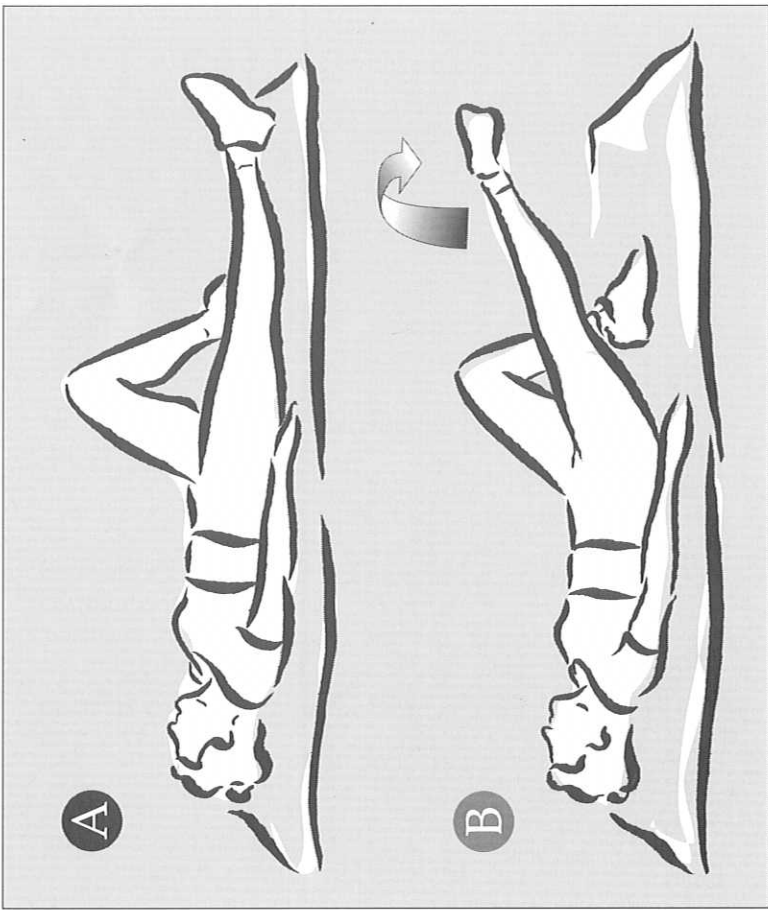


**STARTING POSITION**  
Lie on your back with one knee bent and the other straight.

**EXERCISE**  
Using the straight leg, tighten the top muscle of your thigh, turn your foot out. Lift your leg from the floor until the knee is level with the other knee. Keep your leg straight. Repeat on other side.



Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day  
Special Precautions/Comments: \_\_\_\_\_



**STARTING POSITION**  
Lie on your back with one knee bent and the other straight.

**EXERCISE**  
Using the straight leg, tighten the top muscle of your thigh, turn your foot out. Lift your leg from the floor until the knee is level with the other knee. Keep your leg straight. Repeat on other side.



Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day  
Special Precautions/Comments: \_\_\_\_\_

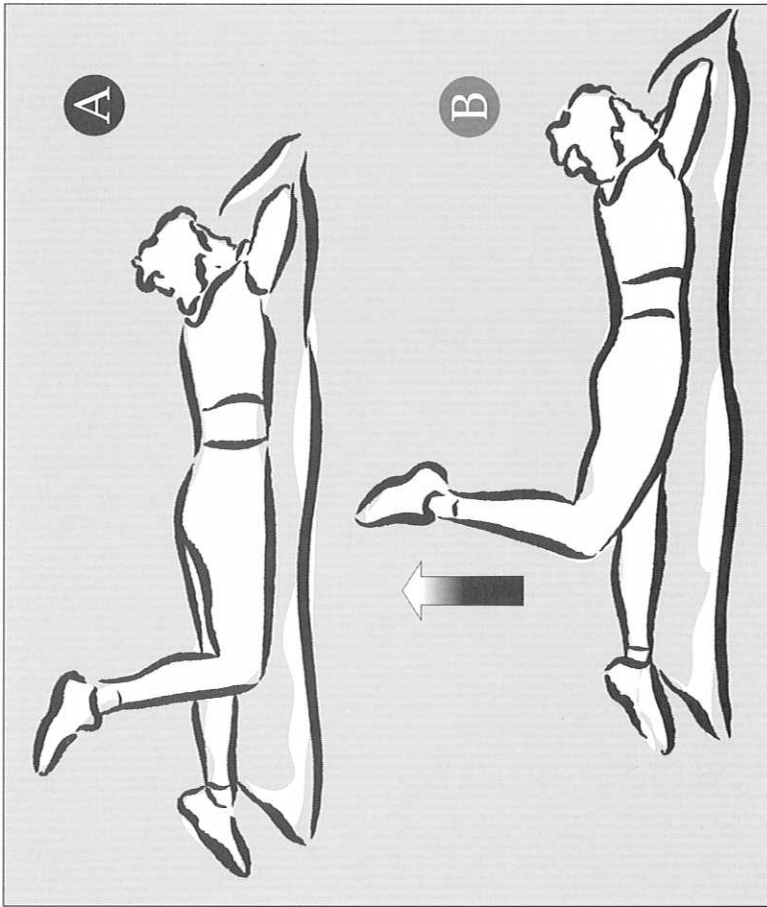
ACTIVE+

# Hip Extension

PELVIC

EXERCISE

# 23



**STARTING POSITION**

Lie on your stomach with one knee bent.

**EXERCISE**

Lift your thigh off the floor. Keep your knee bent. Repeat on the other side.



British Chiropractic Association

Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

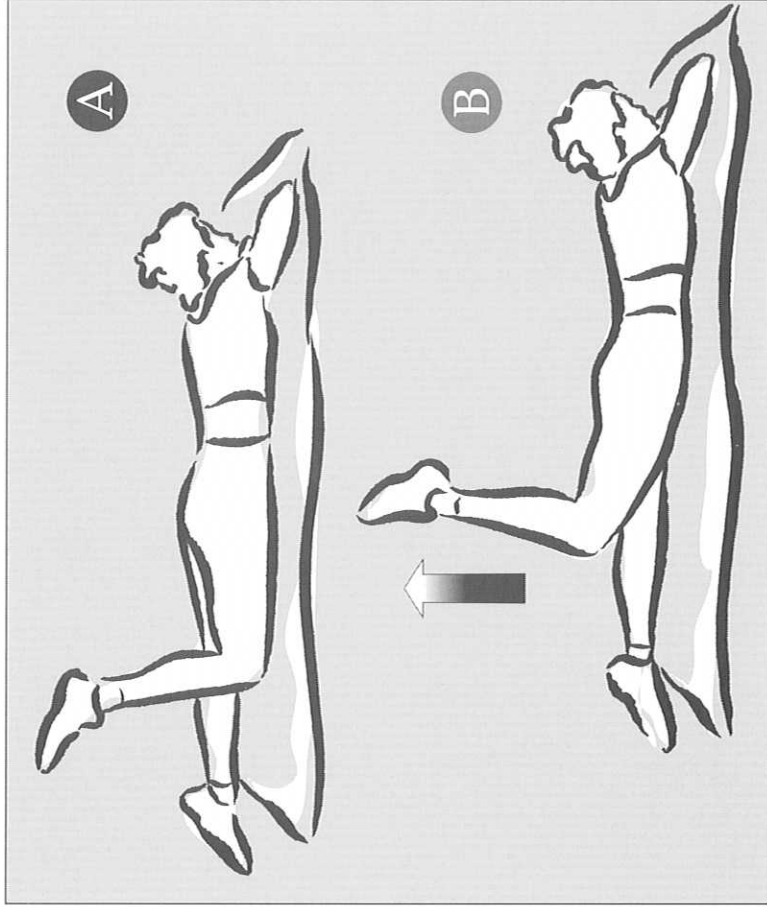
ACTIVE+

# Hip Extension

PELVIC

EXERCISE

# 23



**STARTING POSITION**

Lie on your stomach with one knee bent.

**EXERCISE**

Lift your thigh off the floor. Keep your knee bent. Repeat on the other side.



British Chiropractic Association

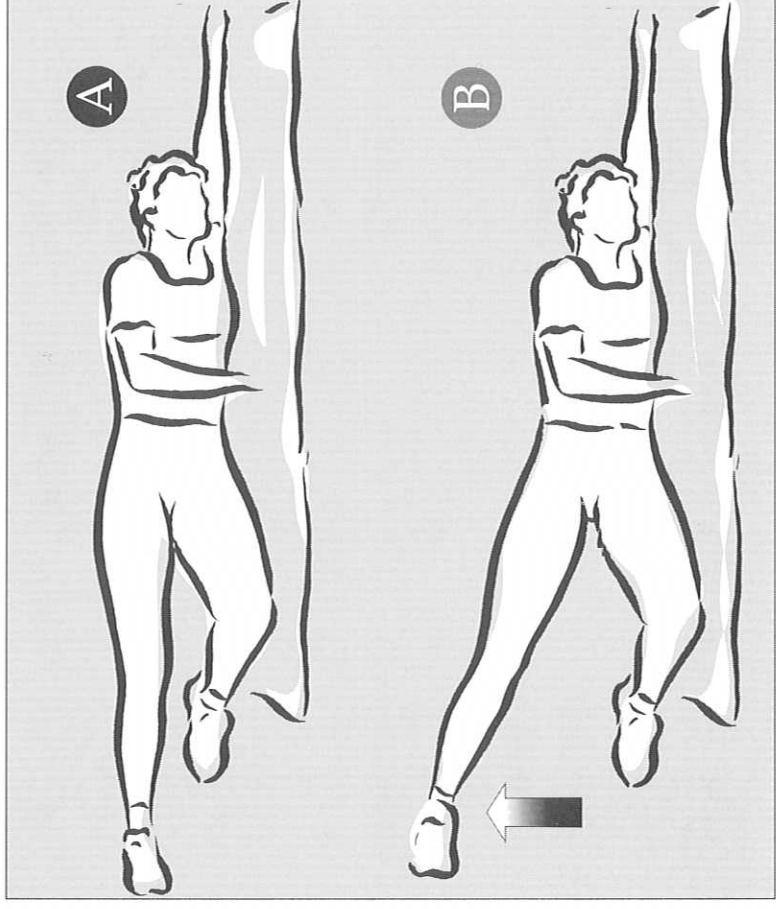
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

ACTIVE +

Hip Abduction

PELVIC



STARTING POSITION

Lie on your side with underneath knee slightly bent and top knee straight.

EXERCISE

Tighten the outside muscles of the top thigh, lift your leg from the floor towards the ceiling. Try not to let your hip roll backwards as you lift.



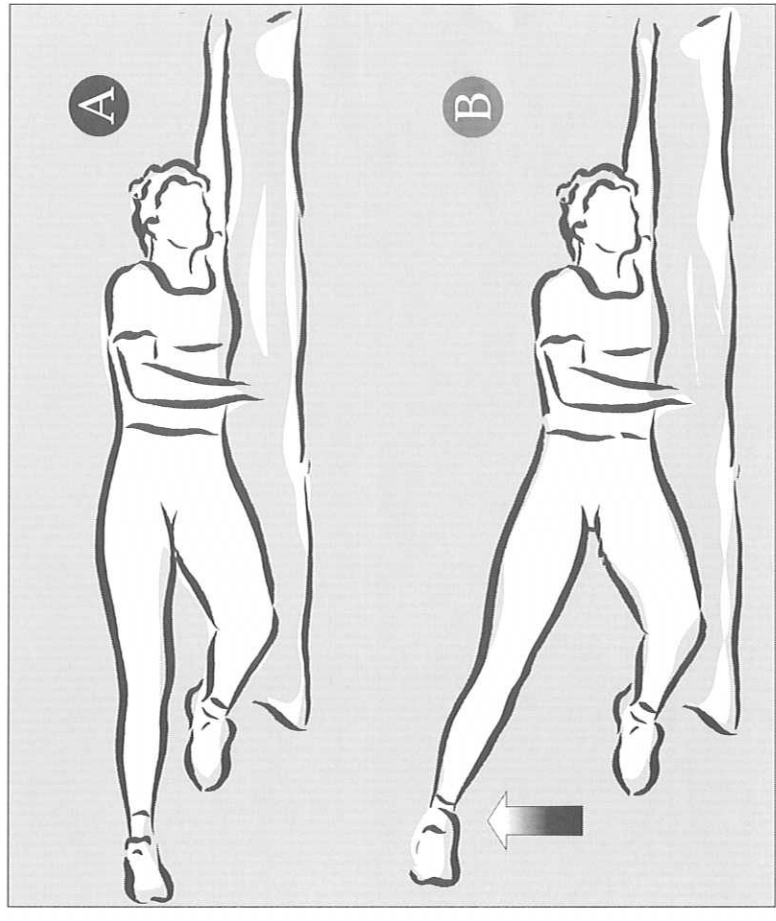
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

ACTIVE +

Hip Abduction

PELVIC



STARTING POSITION

Lie on your side with underneath knee slightly bent and top knee straight.

EXERCISE

Tighten the outside muscles of the top thigh, lift your leg from the floor towards the ceiling. Try not to let your hip roll backwards as you lift.



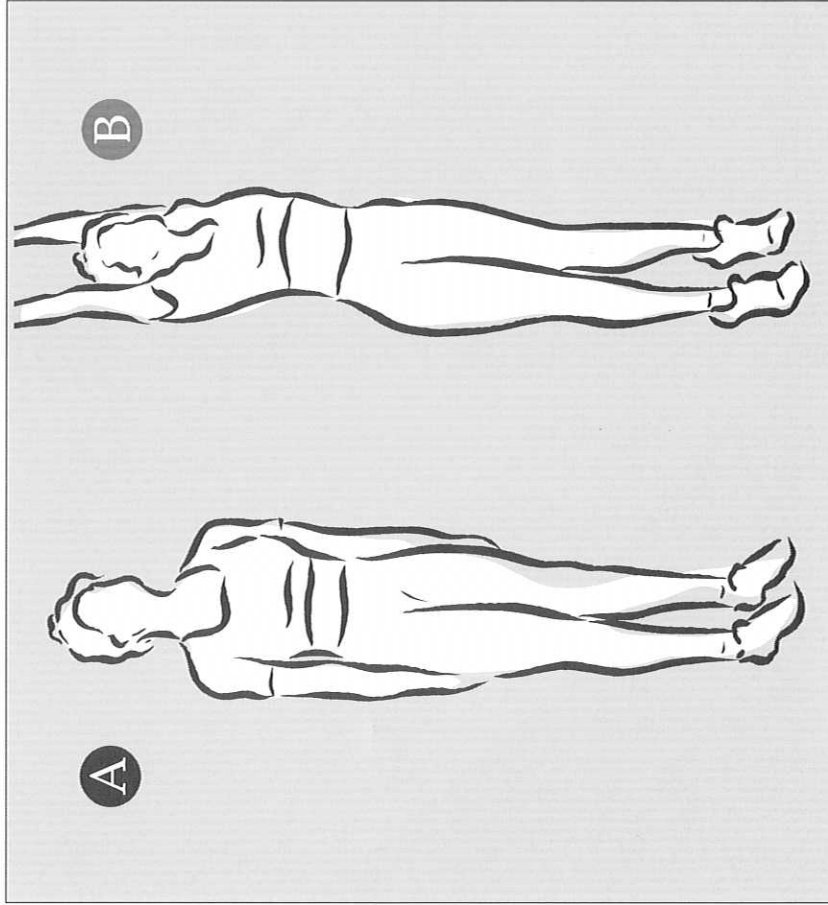
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

PASSIVE

### Full Body Stretch

COMBINATION



STARTING POSITION

Standing or lying.

EXERCISE

Stretch out as far as possible whilst breathing out.



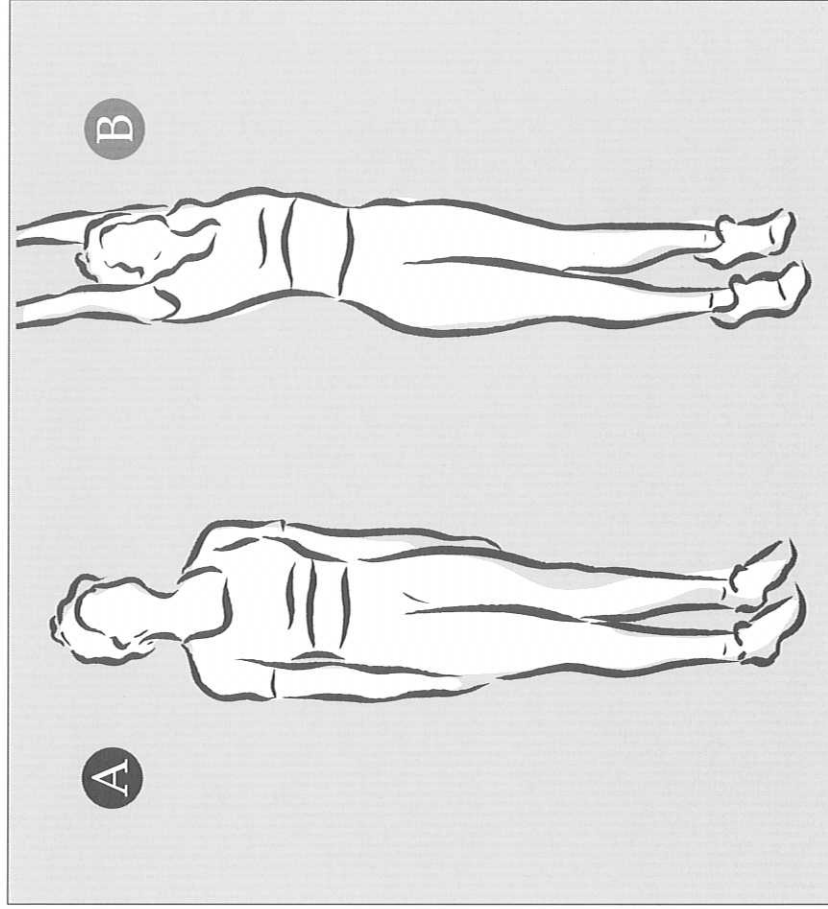
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

PASSIVE

### Full Body Stretch

COMBINATION



STARTING POSITION

Standing or lying.

EXERCISE

Stretch out as far as possible whilst breathing out.



Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_