

Notes :

1 Stabilization Hip flexion



Reps: 6 Freq: daily Hold: 10"

Lie on your back with your knees bent and your back in neutral position (slightly arched).
Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of a maximal contraction.
Maintain a steady abdominal breathing while you lift one leg up to 90 degrees at the hip keeping it bent.
Keep your back and pelvis completely still at all times.
Return slowly to initial position and repeat with other leg.

2 Stabilization Multifidus



Reps: 6 Freq: daily Hold: 10"

Get on your hands and knees (four point position) with your knees and hands, hip and shoulders width apart. Your back is in neutral position (slightly arched) and your chin must be tucked in.
Lift one arm keeping weight through your injured side. Hold 10"

3 Wall push-up



Reps: 6 Freq: daily Hold: 10"

Stand facing a wall with your arms straight and hands on the wall. Flex your elbows a little bit so they are slightly bent and lift one hand 3-4 inches off the wall, maintaining the position of the shoulder blade and hold for 3 seconds.
The beginner version would be the same except you do not bend your elbows to lower yourself toward the wall like you would do in a push-up. You simply lift one hand off the wall in the starting position, arm in extension

4 Strengthening ABD/ER



Reps: 6 Freq: daily Hold: 10"

Lie on your side with both legs slightly bent.
Place one hand over your pelvis to maintain it stable.
Lift up the top leg (injured leg) keeping the pelvis stable, the leg slightly bent and heels together. Rotate the hip so that the foot and the knee cap are pointing upward during movement.
Return to initial position and repeat.