



SEATTLE SPINE & SPORTS MEDICINE

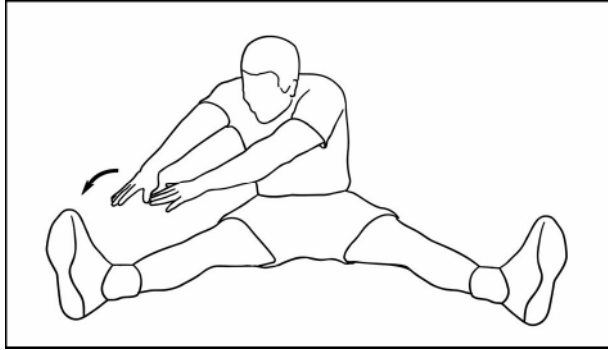
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PELVIC STABILIZATION HOME EXERCISE PROGRAM

The stretching exercises below may be done in addition to riding a stationary bicycle or jogging for 10 minutes. When performing the exercises, you should stretch slowly to the limit of motion and hold. If you experience persistent pain with the exercises, call your doctor.

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week
Stretching			
Seat side straddle	Adductor muscles Medial hamstrings Semitendinosus Semimembranosus	4 repetitions/2 to 3 sets	Daily
Modified seat side straddle	Hamstrings Adductor muscles	4 repetitions/2 to 3 sets	Daily
Leg stretch	Hamstrings	4 repetitions/2 to 3 sets	Daily
Sitting rotation stretch	Piriformis External rotators Internal rotators	4 repetitions/2 to 3 sets	Daily
Knee to chest	Posterior hip muscles	4 repetitions/2 to 3 sets	Daily
Leg cross-over	Hamstrings	4 repetitions/2 to 3 sets	Daily
Cross-over stand	Hamstrings	4 repetitions/2 to 3 sets	Daily
Iliotibial band stretch	Tensor fascia	4 repetitions/2 to 3 sets	Daily
Prone quadriceps stretch	Quadriceps	4 repetitions/2 to 3 sets	Daily
Strengthening			
Prone hip extension	Gluteus maximus	6 to 8 repetitions, progressing to 12 repetitions	2 to 3
Side-lying hip abduction	Gluteus medius	6 to 8 repetitions, progressing to 12 repetitions	2 to 3
Internal hip rotation	Medial hamstrings	6 to 8 repetitions, progressing to 12 repetitions	2 to 3
External hip rotation	Piriformis	6 to 8 repetitions, progressing to 12 repetitions	2 to 3

STRETCHING EXERCISES

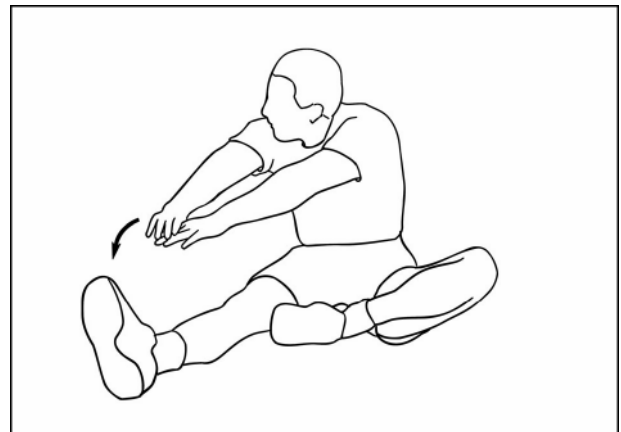


SEAT SIDE STRADDLE

Sit on the floor with your legs spread apart. Place both hands on the same ankle and bring your chin as close to your knee as possible. Hold the maximum stretch for 30 seconds and then relax for 30 seconds. Repeat on the other side. Repeat the sequence 4 times.

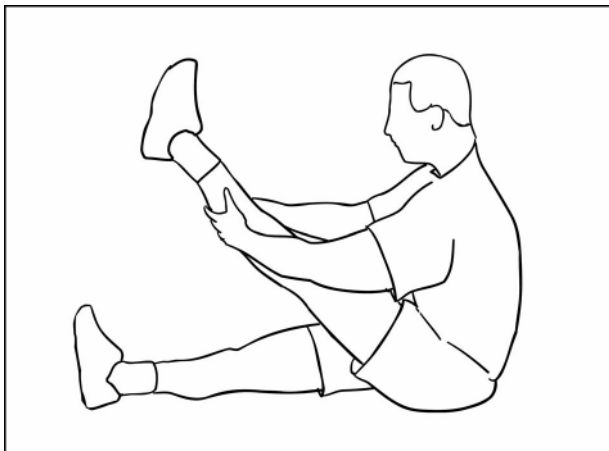
MODIFIED SEAT SIDE STRADDLE

Sit on the floor with one leg extended to the side and the other leg bent as shown. Place both hands on the ankle of the extended leg and bring your chin as close to your knee as possible. Hold the maximum stretch for 30 seconds and then relax for 30 seconds. Reverse leg positions and repeat on the other side. Repeat the sequence 4 times.

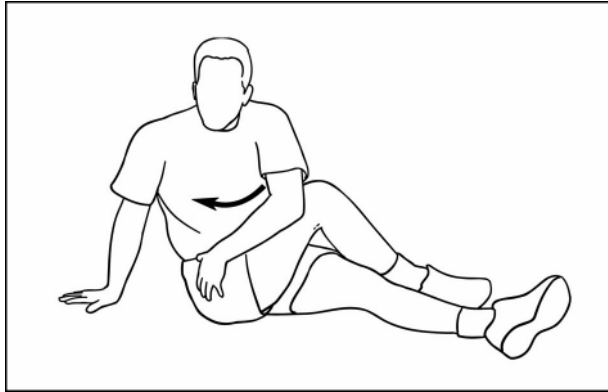


LEG STRETCH

Sit on the floor with your legs straight and your hands grasping the calf of one leg. Slowly lift and pull the leg toward your ear, keeping your back straight and the other leg flat on the floor or bent slightly if necessary for comfort. Hold the maximum stretch for 30 seconds and then relax for 30 seconds. Repeat with the other leg. Repeat the sequence 4 times.

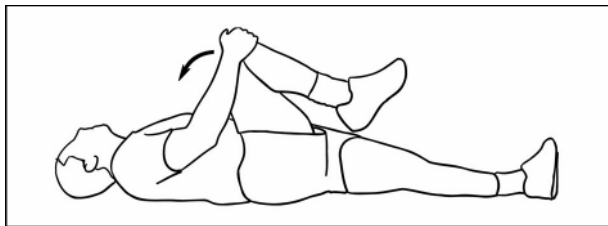


SITTING ROTATION STRETCH



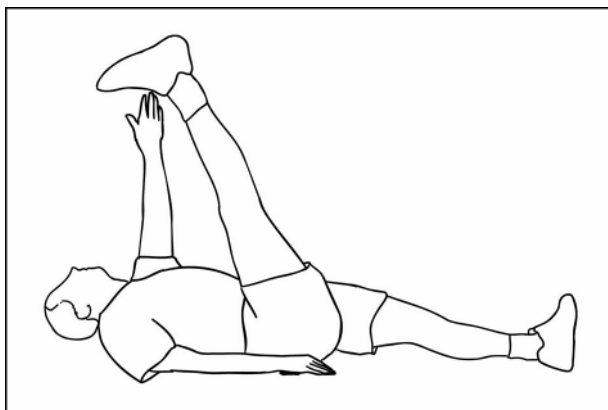
Sit on the floor with both legs straight out in front of you. Cross one leg over the other, place the elbow of the opposite arm on the outside of the thigh, and support yourself with your other arm behind you. Rotate your head and body in the direction of the supporting arm. Hold the maximum stretch for 30 seconds and then relax for 30 seconds. Reverse positions and repeat the stretch on the other side. Repeat the sequence 4 times.

KNEE TO CHEST



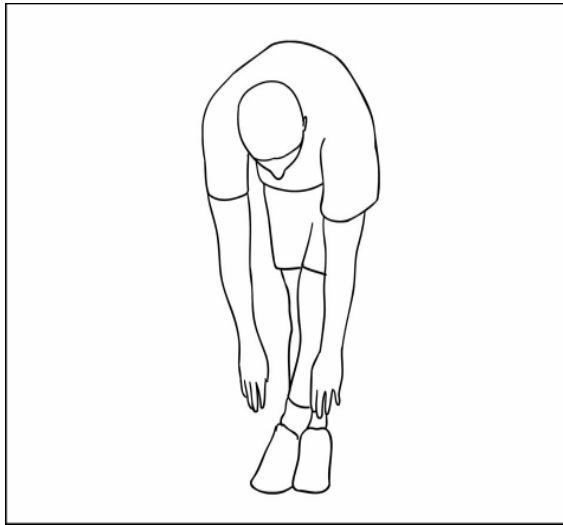
Lie on your back on the floor with your knees bent and your heels flat on the floor. Grasp one knee and slowly bring it toward your chest as far as it will go. Hold the maximum stretch for 30 seconds and then relax for 30 seconds. Repeat with the other leg, then do both legs together. Repeat the sequence 4 times, working up to 3 sets of 10.

LEG CROSS-OVER



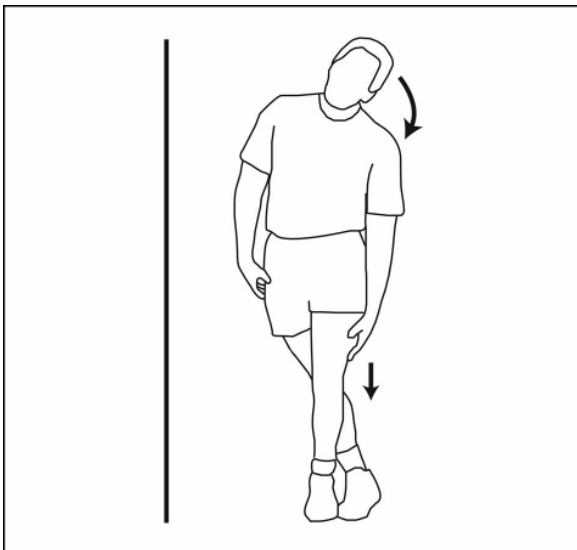
Lie on the floor with your legs spread and your arms at your sides. Keeping the leg straight, bring your right toe to your left hand. Try to keep the other leg flat on the floor, but you may bend it slightly if needed for comfort. Hold the maximum stretch for 30 seconds and then relax for 30 seconds. Repeat with the left leg and the right hand. Repeat the sequence 4 times.

HOME EXERCISE PROGRAM FOR PELVIC STABILIZATION



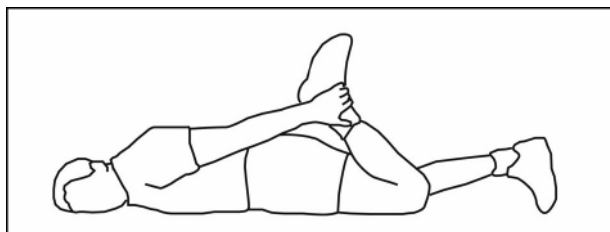
CROSS-OVER STAND

Stand with your legs crossed, with the feet close together and the legs straight. Slowly bend forward and try to touch your toes. Hold the maximum stretch for 30 seconds and then relax for 30 seconds. Repeat with the position of the legs reversed. Repeat the sequence 4 times.



ILIOTIBIAL BAND STRETCH

Stand next to a wall for support. Begin with your weight distributed evenly over both feet, and then cross one leg behind the other. Lean the hip of the crossed-over leg toward the wall until you feel a stretch on the outside of the leg. Hold the maximum stretch for 30 seconds and then relax for 30 seconds. Repeat the sequence 4 times.



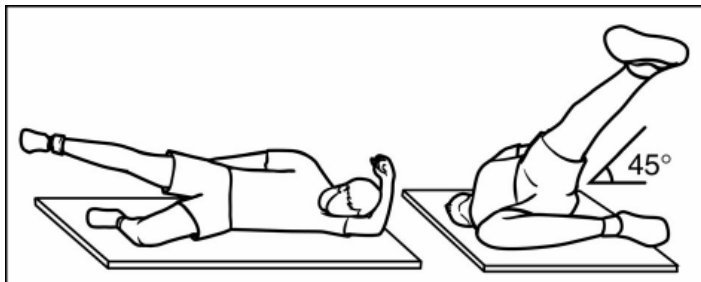
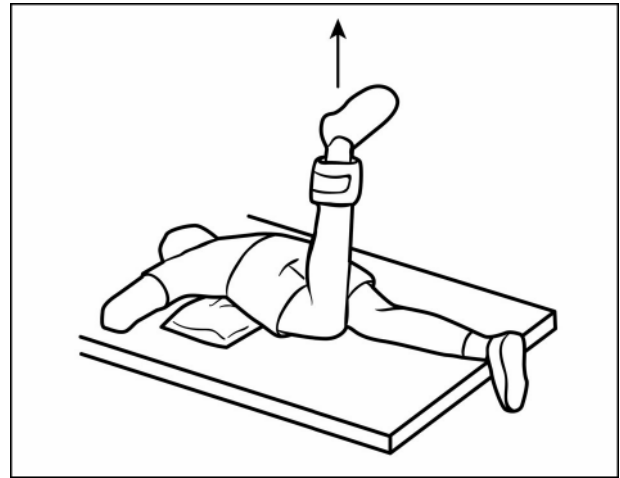
PRONE QUADRICEPS STRETCH

Lie on your stomach with your arms at your sides and your legs straight. Bend one knee up toward your buttocks and grasp the ankle with the hand on the same side. Pull on the ankle and hold at the point of maximum stretch for 30 seconds, then relax for 30 seconds. Repeat on the opposite side. Repeat the sequence 4 times.

STRENGTHENING EXERCISES

PRONE HIP EXTENSION

Lie face down with a pillow under your hips and the knee on the affected side bent 90°. Elevate the leg off the floor, lifting the leg straight up with the knee bent. Lower the leg to the floor slowly, to a count of 5. Ankle weights should be used, starting with light enough weight to allow 6 to 8 repetitions, working up to 12 repetitions. Then add as much weight as can be lifted only 8 times. Work up to 12 repetitions again. Continue this cycle of adding weight and increasing repetitions.



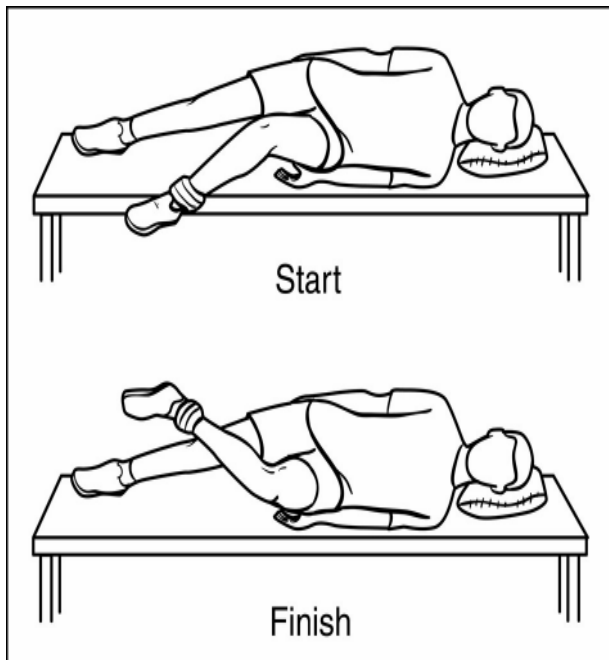
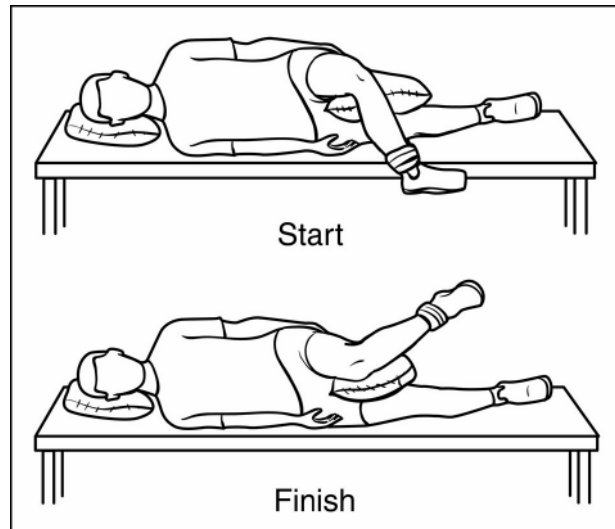
SIDE-LYING HIP ABDUCTION

Lie on your side with the affected hip on top, cradling your head in your arm, and the bottom leg bent to provide support. Slowly move the top leg up and back to 45°, keeping the knee straight. Lower

the leg slowly, to a count of 5, and relax it for 2 seconds. Ankle weights should be used, starting with light enough weight to allow 6 to 8 repetitions, progressing to 12 repetitions. Then add as much weight as can be lifted only 8 times. Work up to 12 repetitions again. Continue this cycle of adding weight and increasing repetitions.

INTERNAL HIP ROTATION

Lie on your side on a table with a pillow between your thighs. Bend the top leg 90° at the hip and 90° at the knee. Start with the foot of the top leg below the level of the top of the table; lift to the Finish position, which is rotated as high as possible. Lower the leg slowly, to a count of 5. Begin with an ankle weight that allows 6 to 8 repetitions, progressing to 12 repetitions. Then add as much weight as can be lifted only 8 times. Work up to 12 repetitions again. Continue this cycle of adding weight and increasing repetitions.



EXTERNAL HIP ROTATION

Lie on your side on a table with the bottom leg bent 90° at the hip and 90° at the knee. Start with the foot below the level of the top of the table; lift to the Finish position, which is rotated as high as possible. Lower the leg slowly, to a count of 5. Begin with an ankle weight that allows 6 to 8 repetitions, progressing to 12 repetitions. Then add as much weight as can be lifted only 8 times. Work up to 12 repetitions again. Continue this cycle of adding weight and increasing repetitions.