



Shevin Pollydore MD



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day



ILIOTIBIAL BAND STRETCH WITH MULTI-LOOP STRAP - ITB

Place a strap around your foot. While lying on your back and leg up in front of you and knee straight, bring your leg across midline for a gentle stretch felt along your outer thigh.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day



PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day



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PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side. Complete all to left, then all to right

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



MEDICINE BALL BRIDGE

While lying on your back, raise your buttocks off the floor/bed while holding a medicine ball between your knees as shown.

Repeat 25 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



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Clamshell with theraband

Place theraband above the knee and lie on your side. Spread legs and make sure not to roll backwards.

Its all about form...can lie against wall or sofa to prevent rolling

Repeat 20 Times

Hold 1 Second

Complete 2 Sets

Perform 2 Times a Day



Core Activation with Hip Flexor Isometric

lying on your back with knees bent: with knee bent, lift up knee toward your chest & use hand on same side to push down onto your thigh as your thigh pushes up into your hand, matching resistance. hold for 3 s while activating your core by pulling your belly button towards your back and firming/flattening across your hip bones. slowly lower the leg and repeat.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day