

1

PIRIFORMIS STRETCH

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



Repeat 3 Times
 Hold 20 Seconds
 Perform 3 Time(s) a Day

5

HIP ADDUCTION - SIDELYING

While lying on your side, slowly raise up the bottom leg towards the ceiling. Keep your knee straight the entire time.



The top leg should be bent at the knee and your foot planted on the ground supporting your body.

Repeat 15 Times
 Complete 3 Sets
 Perform 1 Time(s) a Day

2

Hip Flexor & IT Band Stretch

Ly on your side with the side you want to stretch on top. Pull your top knee behind your hip with your hand. Secondly, pull your knee towards your hip with your hand. Finally, use your other foot to push your hip towards the floor. This stretch should be pain free.



Repeat 3 Times
 Hold 20 Seconds
 Perform 3 Time(s) a Day

6

HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.



Repeat 15 Times
 Complete 3 Sets
 Perform 1 Time(s) a Day

3

FOAM ROLL - IT BAND - ILIOTIBIAL BAND

Start on your side with a foam roll under your bottom thigh.

Next, using your arms and unaffected leg, roll up and down the foam roll along your lateral thigh.



Hold 2 Minutes
 Perform 1 Time(s) a Day

7

FIRE HYDRANT - QUADRUPED HIP ABDUCTION

Start on your hands and knees in a crawl position as shown.

Next, raise your leg out to the side while maintaining a stable spine.



Repeat 15 Times
 Complete 3 Sets
 Perform 1 Time(s) a Day

4

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 15 Times
 Complete 3 Sets
 Perform 1 Time(s) a Day