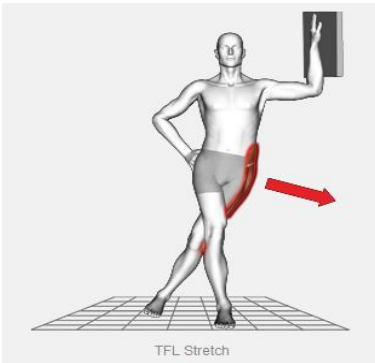


# Home Care Plan

(do exercises AT LEAST 3X/WEEK)

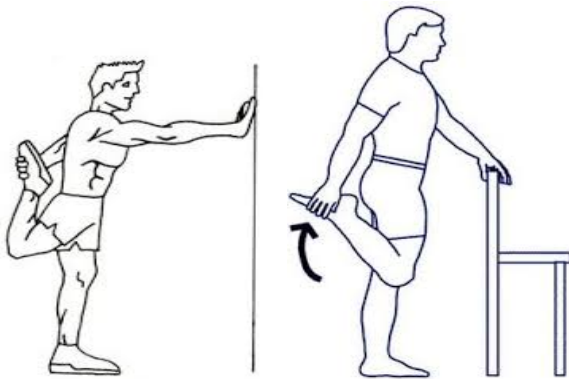
## TFL.....3x 30 seconds

Sit on edge of a chair, cross leg, and pull your knee to your chest. Or you can stand while bracing yourself against a wall and keep the back leg straight and brush your hip either towards or away from the wall. (Should feel the stretch over the hip).



## Quads....3x30 seconds

Find an object to stabilize yourself and stand with both legs straight and grab one foot and pull the heel to your butt. Keep both your knees straight down and have your hips forward. You should feel the stretch all on the front of your leg.



## Psoas....3x30 seconds

Kneel down onto one knee and keep the other knee straightened out with the leg behind the body (lunge position). You can also bring your foot up onto a chair/bench and lunge forward keeping your pelvis straight.



## Piriformis....3x30 seconds

Sit on edge of a chair, cross your leg and lean over, leading with the chest. Pressing down on the knee may increase the stretch. (Should feel stretch around the rear of the hip).



## Hamstrings...3x30 seconds

Lay on your back and use a towel, belt, or band to loop under the arch of your foot. Keep your leg straight and start lifting it upward until a stretch is felt on the back of the thigh. You can also sit in a chair with a table in front that is even height from the chair and extend one knee out to rest on the table. (You will feel the stretch in the back of the leg).



## Pecs.....3x30 seconds

Go to a corner of the wall, place your arm and elbow at 90 degrees and place directly against the wall. Take a step forward with the leg that is closest to the wall. (You will feel the stretch across your chest).



## 6 Way Neck Stretches.....30 seconds each

- Have chin to chest and to a side at a 45-degree angle (Do both sides)
- Bring ear to shoulder. DO NOT SHRUG (Do both sides)
- Bring head back at a 45-degree angle (Do both sides)

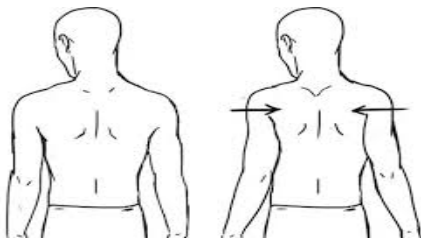
## STRENGTHENING EXERCISES

### Neck Drawers...3x10 (To correct Forward Head Posture)

Find a flat surface and lay flat on the back (Bend knees if it takes the pressure off the low back). Press head straight back into the flat surface for 2-3 seconds then relax. Press straight back with the head.

### Back Pinches....3x10 (To strengthen rhomboids/lower traps)

While sitting or standing, squeeze shoulder blades together WITHOUT shrugging shoulders. Hold 2-3 seconds



then relax.

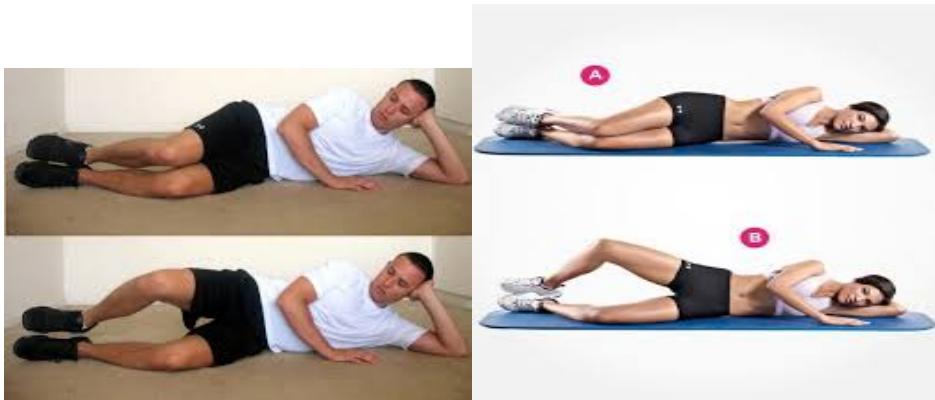
## Pelvic Tilt.....2 minutes (To strengthen the lower core muscles)

Lay flat on your back with your knees bent. Tighten abdominal muscles and draw your pelvis down as you flatten your lower back. DO NOT PUSH WITH YOUR LEGS.



## Butterfly.....3x10 (To strengthen the gluteus medius)

Lay on your side with the upper half of the body relaxed. Have knees straight below the torso and bend them to 90 degrees. Squeeze gluteal muscles and keep both ankles together, raise the top knee up then bring it back down.



## Side Leg Lifts....3x10 (To strengthen the gluteus medius)

Lay on the side with the upper half of the body relaxed and have legs straight below the torso. Point the toe on the top leg down towards the floor and bend the bottom knee to 90 degrees. Start the exercise by squeezing gluteal muscles, and bring the top leg up and back at a 45-degree angle.

