

Diaphragm Breathing



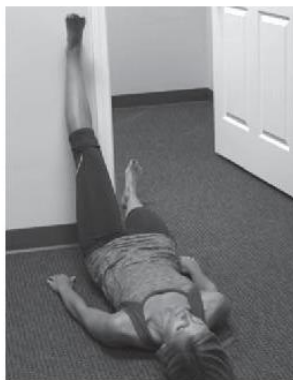
Begin lying flat on your back with your knees elevated and feet on the floor. Place one hand on your abdomen, and the other over your breastbone. Breathe in slowly and deeply through your nose. If you are breathing properly from your diaphragm, only the hand over your abdomen should rise, and the hand over your chest should remain still. Once you are able to breathe by moving only your abdomen, you may use your lower hand to lightly compress your abdomen as you breathe in, then relax the pressure as you breathe out. Alternately, you may apply light pressure to the sides of your lower ribs as you inhale. The ideal breathing cycle (while resting) is three seconds of inhalation followed by six seconds of exhalation. If you find that you are breathing out too quickly, you may try exhaling through pursed lips in order to gradually increase the length of exhalation. You should practice proper breathing in multiple positions: first, lying flat on your back, then sitting, then standing, and finally, while performing more challenging movements, like squatting with your hands overhead. You should practice 2 or 3 breaths hourly, and 10-20 breaths upon awakening and retiring.

Iliopsoas



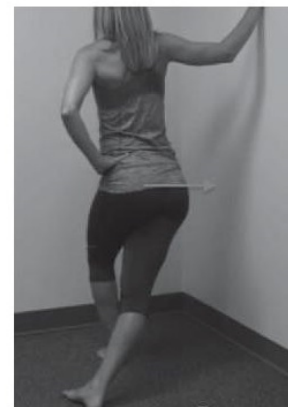
Begin in a half-kneeling position with the side to be stretched on the floor and your opposite knee bent at 90 degrees, foot planted on the floor. Shift your pelvis forward slowly, keeping your hips and back straight. Against the resistance of the floor, contract your involved thigh in an attempt to flex it forward toward your chest for seven seconds. Relax and shift your pelvis further forward to increase the stretch. Keep your trailing leg rotated outward. "Lock in" to each new position and perform three contract/relax cycles twice per day or as directed.

Hamstring



Lie flat on your back with your leg elevated and positioned in a doorway as shown. "Scoot" toward the doorframe until your hamstring is taut. Contract your hamstring by attempting to push your heel into the doorframe for seven seconds. Relax and gently slide your buttocks toward the doorframe while keeping your knees straight to increase the stretch. Repeat three contract/relax cycles on each side, twice per day or as directed. Alternately, you may provide your own resistance by looping a belt or towel around your heel instead of using a doorframe.

ITB



Stand approximately two feet from a wall with your affected hip facing the wall. Move your opposite leg forward so that your legs are in a scissors position. The outsides of your feet should be facing each other. Most of your weight should be on your straightened rear leg with your front knee slightly bent and relaxed. With your trunk upright, rotate your pelvis away from the wall and drop your buttock towards the wall until you feel a stretch. Be sure to keep your pelvis forward, not allowing it to drop backward. Keep your breastbone over your uninvolved hip throughout this stretch. Against the resistance of the floor, attempt to contract your rear leg away from your body (toward the wall) for seven seconds. Relax and drop into this stretch to increase the pull. "Lock in" to this new position and repeat three contract/relax cycles on each side twice per day or as directed.

Semi-Stiff Deadlift



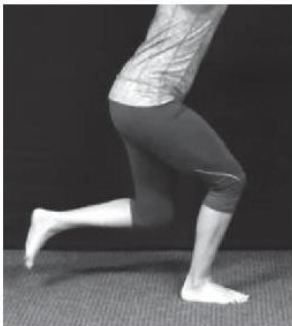
Begin standing with your thumbs on your rib cage and your fingers on the crests of your hip, making sure not to approximate your fingers throughout the exercise. Stand on one leg with your knee bent only slightly. Slowly flex forward from the hips moving your chest toward the floor, making certain not to flex your back. Return to an upright position. Repeat 15 repetitions on each leg once per day or as directed.

Sidebridge



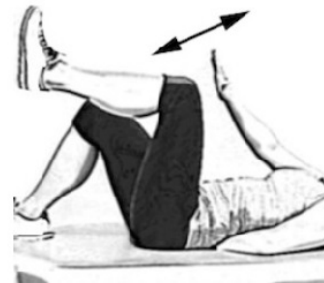
- Begin lying on your side. Rest your weight on your forearm and feet. Lift your hips forward and toward the ceiling until your body is in a straight "plank" position. Initially, you may need to use your knees for support. Slowly lower your hips back to the floor and repeat for three sets of 10 repetitions per day on each side, or as directed.

Posterior Lunge



While standing on one leg, slowly bend your knee to lower your hips toward the floor as though you are going to sit in a chair. Keep your knee positioned directly above your ankle and do not allow it to shift forward. Try not to allow your back leg to touch the ground. Consciously contract your gluteal muscle on the planted leg side to return to the start position and repeat three sets of 10 repetitions once per day or as directed.

Dead Bug



- Begin lying on your back with your right arm reaching overhead and your left leg flat on the table. Your right knee should be bent 90 degrees and your hip 45 degrees. Place your left wrist beneath your back to prevent your back from flattening against the ground. Slowly begin by raising your left knee and right arm at the same time until your hand touches your knee. Be sure not to lift your head or allow your spine to flatten against the floor. Return to the start position and repeat for three sets of 10 repetitions on each side, twice per day or as directed.