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1: Pelvic Bridging

- Lie on your back with knees bent to 90 degrees
- Squeeze your buttocks muscles lightly, then lift hips off floor about 6-8 inches. Avoid arching your lower back.
- Repeat as instructed

Sets: 1 **Reps:** 12 **Sessions:** 1 Tues, Thur
Resistance: As Tolerated **Hold Time:** 5s



2: Hip Abduction in Side-Lying

- Lie on side with top leg straight, bottom leg slightly bent
- Lift top leg towards ceiling 6-8 inches
- Repeat as instructed

Sets: 2 **Reps:** 10 **Sessions:** 1 Tues, Thur
Resistance: As Tolerated **Hold Time:** 5s **Side:** Both



3: Alternating Arm/Leg Lift in Quadruped

- Assume hands and knees position
- Slowly lift one arm and opposite leg
- Keep stomach tight and back and neck straight
- Return to starting position

Sets: 1 **Reps:** 12 **Sessions:** 1 Tues, Thur
Resistance: As Tolerated **Hold Time:** 5s