



## STRETCHING EXERCISES - DAILY

Begin with a light warm-up for 10-15 minutes such as walking, biking on stationary bike, marching in place (aerobic activities should be selected that minimize joint stress). If pain, stiffness and fatigue are barriers to exercise, you might benefit from a warm shower or warm compress prior to exercise. Always maintain a steady stretch, never bouncing and do not force a stretch (go to the point of mild tension but not pain). Stretches may have a range of time to hold. Start with the shortest time and work your way to the longest time as you feel comfortable. For each additional repetition, try to stretch just a little further as you are able to do without pain. Remember to breathe throughout the stretch.

### BUTTERFLY STRETCH



Sit with the soles of your feet pressed together and your knees dropped to the sides as far as they will comfortably go. Pull your abdominals gently inward and lean forward from your hips. Grasp your feet with your hands and carefully pull yourself forward as far as comfortable.

**Hold 15-30 seconds | 3 reps**

### TENSOR STRETCH



Standing and cross your right leg over your left. Raise your right arm overhead and reach to the left until you feel mild tension in the right hip. Switch legs and raise your left arm overhead and reach to the right.

**Hold 15-30 seconds | 3 reps**

### KNEELING LUNGE STRETCH



While kneeling with your right leg in front so the knee is bent about 90 degrees and positioned over the ankle. Slide forward a few inches and shift the hips forward. You will feel a stretch in the front of the hip of the back leg. Switch legs to stretch other hip.

**Hold 15-30 seconds | 3 reps**

### EXTERNAL ROTATOR STRETCH



Sit on a sturdy chair. Cross your left leg over your right. Grab hold of your left knee with both hands and pull your knee toward your right shoulder. Repeat on the other side by crossing your right leg over your left.

**Hold 15-30 seconds | 3 reps each side**



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**STRETCHING EXERCISES - DAILY continued**

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**WIDE SQUAT STRETCH**



Standing with knees slightly bent and just wider than shoulder-width apart, place your hands slightly to the inside just above your knees. Slowly lower your hips downward as you gently push outward. Hold at the point of tension. Do not let your hips drop below your knees. To return to starting position, push through your legs and keep your back straight.

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**Hold 15-30 seconds | 3 reps each side**

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## STRENGTHENING EXERCISES- 2/3 TIMES A WEEK (NONCONSECUTIVE DAYS)

Strengthening activities should start at a relatively low intensity and gradually progress as pain tolerates.

### SIDE-LYING CLAM



Lying on your side, bend both legs about 90 degrees and slide them forward so hips are about 30 degrees. While keeping your heels together and pelvis still, open legs then close again. Repeat on other side.

3 sets | 8-12 reps

### LEG LIFTS



**Side Leg Lift** - Stand by a chair or table for balance. Keeping your back and knees straight, slowly lift your leg to the side as far as comfortable, hold briefly and then slowly lower. Switch legs.

**Front Leg Lift**- slowly lift your leg to the front as far as comfortable then slowly lower. Switch legs.

3 sets | 8-12 reps each leg and direction

### BRIDGE



Lie on your back with your knees bent and feet flat, press down into your feet and raise your hips. Tighten abs and bottom. Hold briefly, then slowly lower and relax.

3 sets | 8-12 reps

### HIP EXTENSION



While on your hands and knees, extend one leg out behind you and lift your head, looking forward. Pause and then bring leg down and forward while tucking your chin. Repeat and then switch legs.

3 sets | 8-12 reps each side