



Bird Dog

1. Get on all fours
2. Keep spine in neutral position all the way through your neck
3. Take breath in and gently flex stomach
4. Make fist and shoot out arm in front of body
5. Hold position -should feel this in upper back and shoulder
6. Move only right arm(one in air) back in, touch opposite knee, then go back to the position with your arm in front of your body
7. Gently brace again
8. Kick right leg back so that foot is few inches off ground, right butt cheek should be flexed but rest of body shouldn't move
9. Hold position
10. Bring leg back in, don't let it touch ground, then extend it back

Intensity = 3 reps each of 6s hold

Iso Single Leg Standing Hinge

1. Use a chair or a table to help you balance
2. With your feet about shoulder-width apart, lift one leg and rotate about your fixed hip to hinge forward as far as is comfortable
3. Hold this position and make sure you keep your chest and your hips facing the ground while doing so

Intensity = 20s hold each side

Lateral (outer) Hip Pain



Iso Wall Push

1. Stand about a foot's length from the wall
 2. Lean into the wall
 3. Using your outer leg, drive your other leg into the wall and push as if you're trying to move through it
 4. You should really feel your outer butt cheek working to keep you pressed up against the wall
 5. If more comfortable you can let your inner leg drop as long as you try to continue to push yourself through the wall with your outer leg
- Intensity** = 20s hold each side



Walking Lunge

1. Perform exercise while holding onto something like a wall or a table if you need help with balance
 2. Keeping upright, step forward with left leg as far as you can comfortably go, make sure both knees are bent at roughly the same angle
 3. This should be somewhat challenging yet not painful
 4. If needed you can push off your front knee
 5. Do what is most comfortable and safe for you
- Intensity** = 6 reps each side



Wall IT Band Stretch

1. Stand a foot or two from the wall
 2. Touch the wall with your inside hand for balance
 3. Step over your inside leg with your outside leg in an attempt to push your inner legs hip toward the wall
 4. You should feel a stretch in the outer portion of your thigh from the inside leg
- Intensity** = 30s hold each side

F.I.T.T. Principle:

Frequency: 1x/day

Intensity: see chart

Type: moving strength, holding strength, and some flexibility

Time: 1 min/exercise x 5 Exercises x 3 sets = 15 min/day

*Perform exercise 1 then 2,3,4 and 5 then start back at exercise 1 and do all five again. Then a third time. You are now done!

Exercise	Common Mistakes	Progression steps
Bird Dog	<ul style="list-style-type: none"> - Don't arch back while extending leg or arm - Don't shift hips when you lift your knee off the ground - We are trying to prevent spine movement during perturbations so do not let your hips shift 	<ul style="list-style-type: none"> - Hold possession for up to 10s - Move opposite arm and leg at same time - Keep body in straight line - After the hold bring arm and leg back to starting position and gently tap thigh before performing another repetition - Don't let back over extend or round while extending arms and legs - Perform more reps
Iso Single Leg Standing Hinge	<ul style="list-style-type: none"> - Only go down as you can comfortably go without your back rounding, we want the spine to be in line - Your ear to your heel should be in a straight line regardless of how far you go. If you can only go down halfway, do not bend your torso to go further - We are trying to keep the spine straight in all planes so no rotating or neck cranking while performing this movement 	<ul style="list-style-type: none"> - Hold the position for up to 45 seconds on each side - Form permitting, move your torso closer to the floor - Slowly let go of the object you are holding onto for balance but make sure you are doing this in a safe manner - Doing the exercise fully without any sort of external balance aid
Iso Wall Push	<ul style="list-style-type: none"> - You need to make sure you are driving into the wall without cramping - Don't let your hips shift away from the wall but continue to squeeze that outside butt cheek and push as if you're trying to push yourself through the wall 	<ul style="list-style-type: none"> - Hold position for up to 60s each side
Walking Lunge	<ul style="list-style-type: none"> - Make sure you are not "breaking" at your torso to go further down, stay as upright as possible even if that means the range of motion at your knees is decreased - With every repetition, make sure your knee is in line with your toe and not caving in 	<ul style="list-style-type: none"> - Perform up to 12 reps on each side - Form premitting, perform full range of motion - Squeeze butt at top - Don't push off back leg - Keep trailing leg in the air and squeezing butt after every repetition
Wall IT Band Stretch	<ul style="list-style-type: none"> - Make sure your chest is not facing the wall but perpendicular to it - Make sure your pelvis is not facing the wall, this can be done by squeezing the butt cheek of your inside leg 	<ul style="list-style-type: none"> - Hold the progression for up to 60s each side



Iso Clamshells

1. Lie on your side on the floor with your knees and your hips bent while keeping everything else totally still
2. Rotate your top leg out by squeezing the outside of your top butt cheek while keeping that same heel in the air
3. hold this top position
4. You should feel this in your outer top butt cheek

Intensity = 20s hold each side

Iso Single Leg Glute Bridge

1. Lie down flat on your back, bring one knee in so that heel is roughly one foot's length away from your butt
2. Gently flex stomach
3. Squeeze the side of your butt cheek that leg is bent on to bring hips up off the ground and hold position at the top
4. Other leg can be either straight or bent as long as hips are squeezed and leg is in the air
5. While holding at the top if instead of feeling it in your butt you feel it on the top of your thigh, lift your toe up and use your heel to perform the exercise
6. If instead of feeling it in your butt you feel it on the underside of your thigh, walk your leg in before performing the exercise

Intensity = 20s hold each side

Lateral (outer) Hip Pain



Pike IT Band Stretch

1. Sit upright with your legs out in front of you
2. Hug one of your legs to your chest by pulling its knee shin and outer leg towards you
3. You should feel the stretch on the outside of the leg that is being hugged

Intensity = 30s hold each side



Lying Bird Dog

1. Lie on your stomach with your arms above your head in a "superman position"
2. Lift your opposite arm and leg a few inches off the ground while ensuring your back remains in a neutral position
3. After holding at the top return to the starting position and then perform with the opposite leg and arm

Intensity = 3 reps each of 6s hold



Clock Touches

1. Stand with your feet roughly shoulder-width apart
2. Pretend there is a clock on the ground in front of you
3. Using one leg touch 12 o'clock, three o'clock, six o'clock and then seven or eight o'clock returning to the starting position between every movement
4. If this causes knee pain you do not need to touch as far away as is being shown

Intensity = 4 rounds each side

F.I.T.T. Principle:

Frequency: 1x/day

Intensity: see chart

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Time: 1 min/exercise x 5 Exercises x 3 sets = 15 min/day

*Perform exercise 1 then 2,3,4 and 5 then start back at exercise 1 and do all five again. Then a third time. You are now done!

Exercise	Common Mistakes	Progression steps
Iso Clamshells	<ul style="list-style-type: none"> - Make sure your body doesn't rotate outward with your leg, the exercise will no longer be beneficial - Only a small movement of your leg is required 	<ul style="list-style-type: none"> - Hold the position for up to 60s - Perform with a straight top leg
Iso Single Leg Glute Bridge	<ul style="list-style-type: none"> - This movement is achieved through squeezing your butt and not arching your back, so make sure you think about squeezing and not arching - You want to make sure that you are squeezing so that your butt doesn't sag - When performed properly there should be a straight line from your shoulders to the knee of your planted foot 	<ul style="list-style-type: none"> - Hold the position for up to 60s each side - Straighten the leg in the air - Lift your arms off the ground and put them on your shoulders
Pike IT Band Stretch	<ul style="list-style-type: none"> - Keep your buttocks on the ground and don't overly rotate your torso 	<ul style="list-style-type: none"> - Progressively bring the knee closer to your body - Hold the position for 60s
Lying Bird Dog	<ul style="list-style-type: none"> - We want to prevent movement of the spine so instead of thinking to move your leg and your arm, think to squeeze your butt and your upper back, your leg and your arm just happen to move by virtue of this - Make sure you're actually holding each rep at the top position and not just quickly moving through the motions - Make sure not to crank your neck back but to keep it in a neutral position 	<ul style="list-style-type: none"> - Hold the position up to 60s - Perform more reps
Clock Touches	<ul style="list-style-type: none"> - Do not let your stationary knee cave in - You want to make sure that your knee is in line with your toe while you're performing each movement 	<ul style="list-style-type: none"> - Perform up to 8 rounds each side - Touch farther away