

LOWER DYNAMIC EXERCISES

PRESS-UP/SPHINX

Begin by lying face down on a soft surface. Have both hands flat on each side of you (Fig. 1). Press-up on your hands to get full extension in the low back (Fig. 2). If you feel pain, continue to the point of pain and then return to neutral. Do not push past pain. *Perform 15-20 reps (or until pain subsides), 2-3 times a day.* SPHINX: Rest on elbows and allow for full extension in the low back (Fig. 3). *Hold position until you feel relief.*



Figure 1



Figure 2



Figure 3

SIDE-LYING CLAM SHELL

Begin by lying on your side, preferably up against a wall. Align your shoulders, hips, and ankles in line (Fig. 4). While keeping feet together, raise the top leg to “open the clam shell” (Fig. 5). If not up against a wall, make sure your hips remain stacked and do not rotate back. Flip over on to other side and repeat exercise protocol for opposite sided glute. *Perform reps until you feel a burn in activated glute muscle then push to five (5) more after, follow this protocol 2-3 times daily.*



Figure 4



Figure 5

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SIDE-LYING HIP ABDUCTION

Begin by lying on your side, preferably up against a wall. Align your shoulders, hips, and ankle of the leg you are lying on. Extend top leg straight so that your knee is in line with your bottom ankle (Fig. 6). While keeping bottom leg on the table, raise the top leg straight up in the air (Fig. 7). Make sure your hips remain stacked and the top hip does not “hike-up” towards your head. Placing hand on top hip can ensure proper hip stacking. Flip over on to other side and repeat exercise protocol for opposite sided glute. *Perform reps until you feel a burn in activated glute muscle then push to five (5) more after, follow this protocol 2-3 times daily.*



Figure 6



Figure 7

GLUTE BRIDGES

Begin by lying on your back with shoulders flat on the ground, pelvis leveled, knees bent and both feet flat (Fig. 8). Raise the pelvis straight up in the air while keeping feet in place and not moving shoulders (Fig. 9). Be sure not to tense the low back while performing exercise protocol. *Perform 10-15 reps holding for 4-5 seconds each, perform 2-3 times daily.*



Figure 8



Figure 9

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UPPER CALF STRETCH

Begin by placing your foot at the corner of the floor and the wall, make sure to keep your knee fully extended (Fig. 10). Slowly lean your body forward towards the wall while keeping foot in place and not bending the knee (Fig. 11). You should feel a stretch mainly in the upper part of the calf muscle. Switch position to other leg and repeat exercise protocol. *Perform 10-12 reps when stiffness symptoms present themselves, holding for 4-5 seconds.*



Figure 10



Figure 11

LOWER CALF STRETCH

Begin by placing your foot flat on the floor about 2-3 inches away from the wall (Fig. 12). Slowly lunge your body forward towards the wall while bending the knee until your knee touches the wall (Fig. 13). You should feel a stretch mainly in the lower part of the calf muscle. Switch position to other leg and repeat exercise protocol. To increase stretch mobility, progress by moving the foot an additional $\frac{1}{2}$ inch from the wall. *Perform 10-12 reps when stiffness symptoms present themselves, holding for 4-5 seconds.*



Figure 12



Figure 13

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STEP-DOWN

Begin by placing affected knee on a step about 2-3 inches above the floor while the other leg hangs off the platform at the same level (Fig. 14). Slowly step down from platform with unaffected leg. Keep the affected knee on the platform stable and do not let it wobble or rotate inward (Fig. 15). *Perform 10-15 reps, 3-4 times daily.*



Figure 14



Figure 15

SHORT FOOT

Begin by placing foot flat on the ground while seated in a chair. Allow the foot, toes, and arch to rest in a neutral position (Fig. 16). Initiate inner foot muscles to raise the arch of the foot and to move the ball of your foot closer to the heel (Fig. 17). Do NOT curl your toes during movement, make sure to keep toes flat on the floor. Do this for both feet. Progress intensity by performing same exercise protocol while standing rather than sitting. *Perform reps until you feel a burn/fatigue in the foot muscles then push to five (5) more after, follow this protocol as many times as possible daily (ie. While sitting at the kitchen table or while sitting at a desk).*



Figure 16



Figure 17