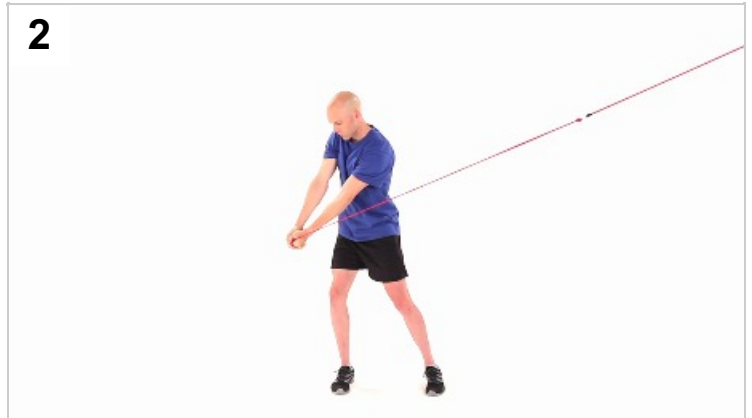
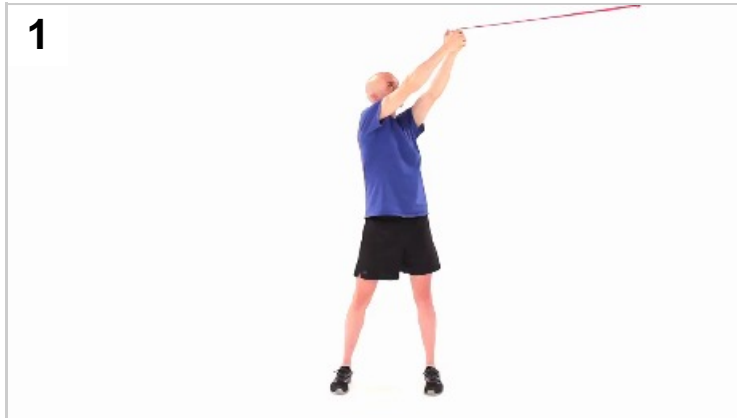


Standing Diagonal Chop

REPS: 10**SETS: 3****DAILY: 1****WEEKLY: 7**

Setup

Begin in a standing upright position, holding the end of a resistance band with both hands. The band should be anchored above and to your side.

Movement

Slowly pull the band down and across your body in a diagonal movement, rotating your trunk, then return to starting position and repeat.

Tip

Make sure to keep your arms straight, and activate your core muscles as you rotate your trunk.

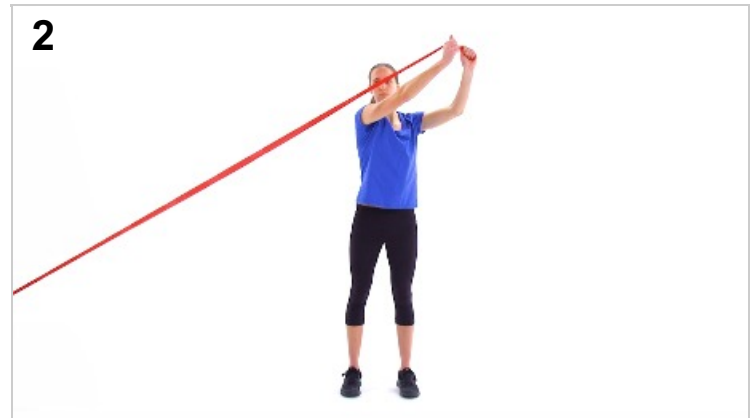
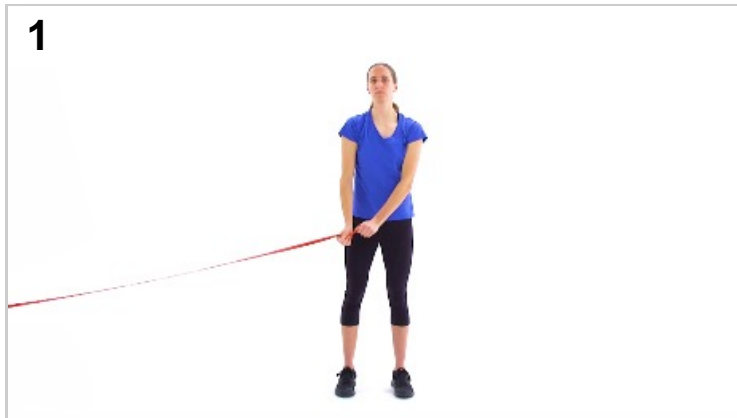
Standing Diagonal Lift with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position, holding the end of a resistance band with both hands that is anchored out to your side near the ground.

Movement

Without rotating your trunk, pull your arms diagonally up to your other side in a lifting motion. Slowly return to the starting position and repeat.

Tip

Make sure to engage your stomach muscles and maintain your balance. Do not shrug your shoulders during the exercise.

Anti-Rotation Sidestepping with Resistance

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7

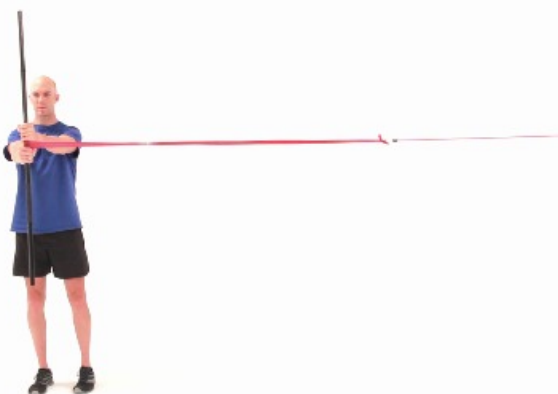
1



2



3



Setup

Begin in a standing upright position holding a bar that is attached to a resistance band or weight stack cable anchored at your side.

Movement

Press your arms straight forward, then step sideways away from the anchor point until you cannot prevent your trunk from rotating. Then step back to the starting position and repeat.

Tip

Make sure to maintain good posture during the exercise, and keep your arms and trunk straight forward as you walk sideways.



MEDBRIDGE

Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.

Standing Hip Hinge with Dowel

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin in a standing upright position, holding a dowel rod against your back. It should be in contact with your head, mid-back, and tailbone.

Movement

Lean forward, bending at your hips and keeping your back straight. Return to the starting position and repeat.

Tip

Make sure to use your buttock muscles to control the movement and keep a soft bend in your knees. The dowel should stay in contact with all three points on your back during the exercise.

Clamshell

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

Sidelying Reverse Clamshell

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your side with your knees bent.

Movement

Rotate your top foot upward, then lower it back to the starting position and repeat.

Tip

Make sure to keep your knees together as you move your foot.