1. **LOWER TRUNK ROTATIONS - LTR**
   - Lying on your back with your knees bent, gently move your knees side-to-side.
   - Repeat: 15 Times
   - Hold: 2 Seconds
   - Complete 3 Sets
   - Perform: 4 Time(s) a Week

2. **POSTERIOR PELVIC TILT**
   - Lie on your back on a firm surface with knees comfortably bent (top picture).
   - Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture).
   - Repeat: 20 Times
   - Hold: 5 Seconds
   - Perform: 4 Time(s) a Week

3. **Ab Brace with hip flexion and adduction isometric**
   - While laying on your back, perform an abdominal brace, maintaining your back flat against the bed. Resist a combined motion of bringing your knees together diagonally (up and inwards) by criss-crossing your hands and resisting. Do not hold your breath.
   - Repeat: 10 Times
   - Hold: 10 Seconds
   - Complete 2 Sets
   - Perform: 4 Time(s) a Week

4. **Hip Flexor Stretch**
   - Kneeling on right knee, slowly push pelvis down while posteriorly tilting pelvis (tucking tail) until stretch is felt on front of hip.
   - Repeat on other side.
   - Repeat: 3 Times
   - Hold: 30 Seconds
   - Perform: 4 Time(s) a Week

5. **HAMSTRING STRETCH WITH TOWEL**
   - While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area.
   - Keep your knee in a straightened position during the stretch.
   - Repeat: 3 Times
   - Hold: 30 Seconds
   - Perform: 4 Time(s) a Week

6. **PIRIFORMIS STRETCH**
   - While lying on your back with both knee bent, cross your affected leg on the other knee.
   - Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.
   - Repeat: 3 Times
   - Hold: 30 Seconds
   - Perform: 4 Time(s) a Week