



### **Straight Leg Raise- Flexion**

While lying or sitting, raise up your leg with a straight knee. Keep opposite knee bent with the foot planted to the ground to ensure good support of your low back.

Repeat 30 times

Once a day



### **Straight Leg Raise- Abduction**

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes facing forward. The bottom leg can be bent to stabilize your body.

Repeat 30 times

Once a day



### **Straight Leg Raise- Extension**

While lying face down with your knees straight, slowly raise up leg off the ground. Be sure not to arch back.

Repeat 30 times

Once a day



### **Straight Leg Raise- Adduction**

While lying on your side, slowly raise up the bottom leg towards the ceiling. Keep your knee straight the entire time. The top leg should be bent at the knee and foot planted on the ground supporting your body.

Repeat 30 times

Once a day

## **BRIDGING**



While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Hold and then lower yourself and repeat.

The wider you place your feet apart the more it will target your glutes.

