

1. Suggested do these exercises for 5 minutes twice a day for 1-2 weeks to evaluate progress. Can take a break after 2 weeks or if enthusiastic can try variations, increased resistance or range of motion. During the 5min suggest 30-60 seconds of activation then rest for 30-60 seconds and repeat x2 (total 3 sets). By taking a 1 week break the muscles and tissues can have time to heal, and for you to evaluate changes in function, mobility and pain. Aim to start and finish in a more open position. Suggest to write down positive progress every 2 to 4 weeks to maintain motivation and record success.

2. iliopsoas : Seated hip flexion. First press with the opposite foot into the floor to assist activation of the lower abdominal stabilizing musculature. Second focus on lifting the upper thigh, thinking of a line between your upper thigh and inner pelvis are getting closer. Second focus on lifting the upper thigh, thinking of a line between your upper thigh and inner pelvis are getting closer. Can also do these side-lying thinking of the thigh coming up towards the pelvis using the resistance of the floor/bed. The third exercise you can come to a wall with your knee against the wall and again bring the upper thigh towards your pelvis. You may feel some tension in the lower back or buttocks area. You can also elevate the leg and to a stool or chair and elevate the upper thigh towards the pelvis, either in small pulses or some sustained contraction, similar to the exercise on the wall. For all of these exercises you can offload the thigh musculature by either having a band underneath the thigh, or sometimes a pillow under her foot can be helpful. Gradually as this musculature get stronger, you will find less need for the offloading.

3. Gluteus maximus:

a. Lie on your back with knees up. Think of pushing through your feet and slightly elevate the pelvis. Try thinking of lifting the lower, mid and upper pelvis like a string is pulling you up from that point. Alternatively, can think of the back of your pelvis like a book that you are trying to close. Youtube Conor Harris "Why You Are Doing Glute Bridges wrong!" video demonstrations.

b. Standing with one leg slight in front of the other with 90% of the weight on the front leg. Reach the opposite hands towards the front leg to focusing on creating forward pelvis tilt rather than curve in the back. Then focus pushing through your feet (suggest not wearing shoes) to lift your upper body through your legs & glut max. Youtube Conor Harris "Why your glutes are not growing or activating" video demonstrations.