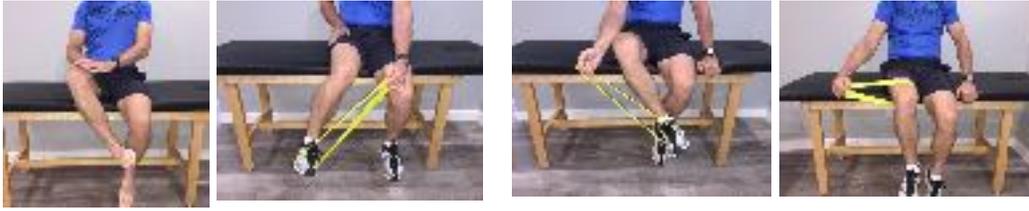


STABILITY / ACTIVATION (Hip / Knee)



1. Sit up tall with hip flexed above horizontal, keep knee bent and rotate foot up and in; resist hip flexion by placing hands on top of knee.
2. Sit up tall with loop around one foot and supported in opposite hand; rotate foot away from midline against band resistance.
3. Sit up tall with loop around one foot and supported in opposite hand; rotate foot towards midline against band resistance.
4. Support band around thigh and squeeze thigh towards midline.



1. Support band at base of table / chair; wrap band around back of ankle; flex knee against resistance.
2. Support band at base of table / chair; wrap band around front of ankle; extend knee against resistance.
3. Seated in chair, wrap band around both thighs; slowly push outwards on band; progress by trying to sit out of chair while pushing out on band.

ACTIVE FLEXIBILITY (Hips / Knees)



1. Supine lying crossing one leg over the other at the knee; hand behind lower back; pull opposite leg towards chest and feel stretch in crossed hip / buttock.
2. Sit up straight at edge of chair; extend one leg resting foot on stool; push knee towards floor and bring toes up while bending forward at the chest.
3. Staggered stance with rear leg straight keeping heel on ground; lean towards wall.
4. Same as above but with slight knee bend on rear leg and lean towards



1. Stand in lunge position; reach arm overhead towards front leg side.
2. Modify by rotating and bending overhead arm towards front leg side.
3. Stand on one foot using chair for support; have arms extended for balance while rotating hips over stance leg; repeat on opposite side.



1. Kneeling on floor (use padding); rest arms on heels and push front of pelvis / hips towards ceiling.
2. Wide kneeling on floor (use padding); support arms in front and sit-back on hips.
3. Slowly sit up while pushing hips forward and down while pushing arms down into the floor.

MOBILITY / INTEGRATED PATTERNS (Hips / Knees)



1. Standing in Short-Stop stance and slide hands down front of thighs driving hips backwards.
2. Lying on side with knees and hips flexed; hold top hand on side of hip with fingers resting backwards; keep ankles together and slowly raise top leg upwards.
3. Lying supine with hands on lower back and abdomen; brace abdomen but DON'T pelvic tilt; raise hips off table.
4. Repeat above but hold one knee flexed.



1. Stand with feet shoulder width apart, hands in front; sit-back into a squat driving hips backwards keeping torso upright.
2. Stand on one foot using support of chair and arms out to sides for balance; slowly descend into a single-leg squat while sliding other foot along floor.
3. Same as above but slide foot out to the side.
4. Same as above but slide foot backwards to the side.



1. Stand with stability ball in lower back leaning against a wall; feet wider apart than shoulders; sit-back using ball for support driving hips backwards - NOT using knees; may add overhead reaching with arms.
2. Lunge stance holding hand weight overhead or at sides; keep torso upright when descending forward using hips - NOT using knees.
3. Stair-step position holding hand weight overhead or at sides; keep torso upright and squeeze / push hips when stepping up - DON'T extend knee backwards.



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