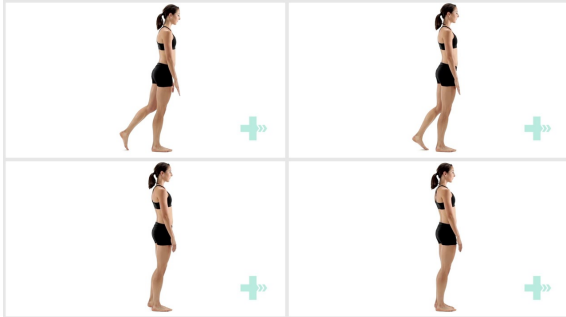


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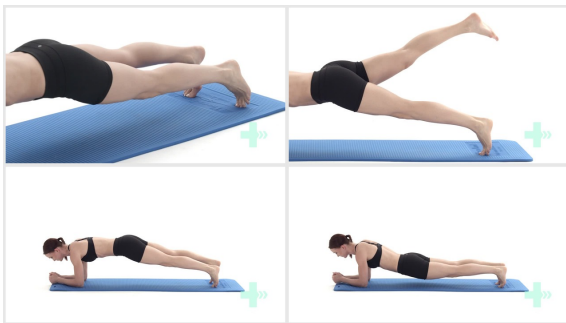
3 Sets / 10 Reps



### 1. SL body hinge (Small Range of Motion)

Stand on your affected leg with the opposite leg extended behind you. Tighten the abdominal and leg muscles as you hinge forward at the waist and raise the back leg. Keep your body and leg in line with one another.

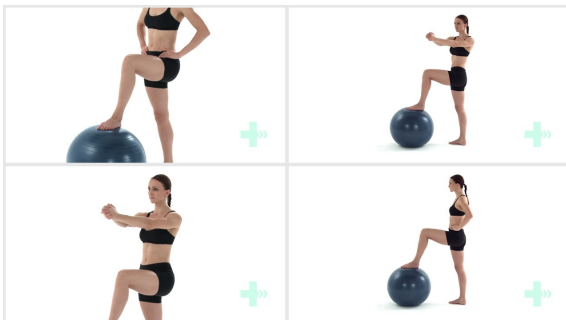
3 Sets / 10 Reps / 1 s hold



### 2. Plank with alternating leg extension

Lie face down with your upper body supported on your elbows and your forearms on the floor. Tighten your abdominal muscles and lift your hips and legs up until your trunk is straight, moving into a plank. Lift one leg upward and lower it down. Alternate and repeat with the other leg. Keep a straight spine throughout the exercise and do not allow your lower back to arch. Repeat the exercise.

3 Sets / 10 Reps



### 3. Standing: one leg on ball with thoracic spine rotation [23010]

Stand with one foot resting on top of the ball with your knee and hip bent. Ensure you are in neutral spine posture and a balanced position. Clasp your hands in front around shoulder height. Keeping your pelvis and low back stable, rotate with your thoracic spine and arms toward and then past the leg that is resting on the ball. Make sure your hands stay in line with your breastbone throughout the movement.