### Walking
**WEEKLY**: 5x | **DAILY**: 1x

Begin a walking routine, trying to walk for a continuous 10 minutes at a time, working up to at least 20 minutes. This will be a great way to warm up prior to performing your exercises.

### Supine Posterior Pelvic Tilt
**REPS**: 10 | **SETS**: 2 | **HOLD**: 2 | **WEEKLY**: 5x | **DAILY**: 1x

**Setup**
- Begin by lying on your back with your knees bent and feet resting on the floor.

**Movement**
- Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

**Tip**
- Make sure to only move your pelvis and low back and keep the rest of your body relaxed.

### Supine Active Straight Leg Raise
**REPS**: 10 | **SETS**: 2 | **HOLD**: 1 | **WEEKLY**: 5x | **DAILY**: 1x

**Setup**
- Begin by lying on your back with one knee bent and your other leg laying flat.

**Movement**
- Slowly lift your straight leg until it is parallel with the other thigh then lower it back to the starting position.

**Tip**
- Do not let your back arch during the exercise.

### Supine Bridge
**REPS**: 10 | **SETS**: 2 | **HOLD**: 1 | **WEEKLY**: 5x | **DAILY**: 1x

**Setup**
- Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

**Movement**
- Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

**Tip**
- Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

### Clamshell
**REPS**: 10 | **SETS**: 2 | **HOLD**: 1 | **WEEKLY**: 5x | **DAILY**: 1x

**Setup**
- Begin by lying on your side with your knees bent 90 degrees and your hips and shoulders stacked.

**Movement**
- Raise your top knee away from the bottom one, then slowly return to the starting position.

**Tip**
- Make sure not to roll your hips forward or backward during the exercise.

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**Disclaimer:** This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.
Sit to Stand without Arm Support
REPS: 10 | SETS: 2 | WEEKLY: 5x | DAILY: 1x
Setup
- Begin by sitting upright on a chair with your feet slightly wider than shoulder width apart.

Movement
- Reach out with your arms and lean forward at your hips until your bottom starts to lift off the chair. Move your body into a standing upright position, then reverse the order of your movements to return to the starting position.

Tip
- Make sure not to let your knees collapse inward during the exercise.

Standing Heel Raise
REPS: 20 | SETS: 2 | HOLD: 1 | WEEKLY: 5x | DAILY: 1x
Setup
- Begin in a standing upright position with your feet shoulder width apart.

Movement
- Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip
- Make sure to keep your upper body still and avoid gripping with your toes.

Standing Overhead Press at Wall
REPS: 10 | SETS: 2 | HOLD: 1 | WEEKLY: 5x | DAILY: 1x
Setup
- Begin in a standing upright position with your back against a wall and your arms bent out to your sides, palms facing forward.

Movement
- Slowly press your arms straight overhead, then lower them back to the starting position, and repeat.

Tip
- Make sure to keep your back against the wall and do not shrug your shoulders during the exercise.

Hooklying Hamstring Stretch with Strap
SETS: 2 | HOLD: 30 | WEEKLY: 5x | DAILY: 1x
Setup
- Begin lying on your back holding the end of a strap secured around one foot with your legs bent and feet flat on the floor.

Movement
- Straighten your leg with the strap and pull it toward yourself until you feel a stretch in the back of your thigh and hold.

Tip
- You can have a slight bend in your knee but keep your foot straight.

Doorway Pec Stretch at 90 Degrees Abduction
SETS: 2 | HOLD: 30 | WEEKLY: 5x | DAILY: 1x
Setup
- Begin in a standing upright position in the center of a doorway.

Movement
- With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip
- Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.