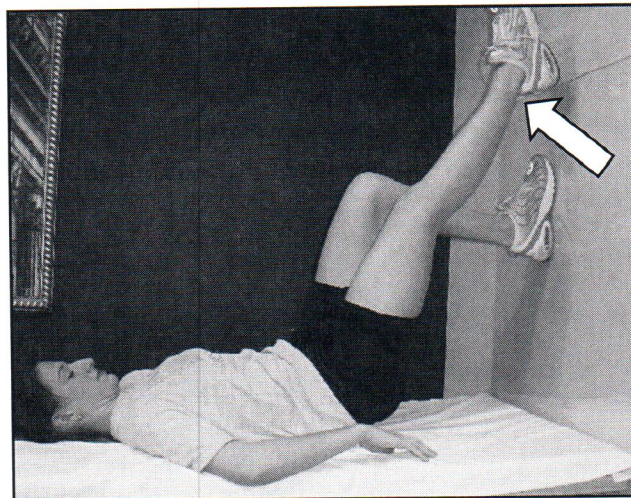




## MYOKINEMATIC RESTORATION REPOSITIONING

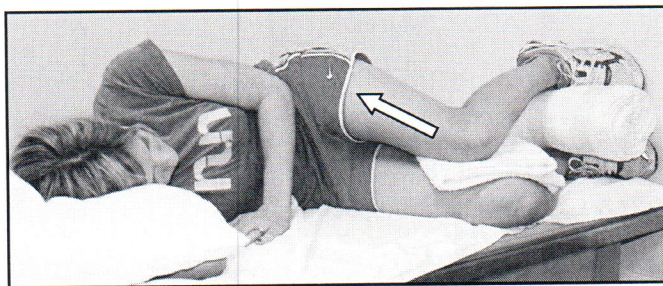
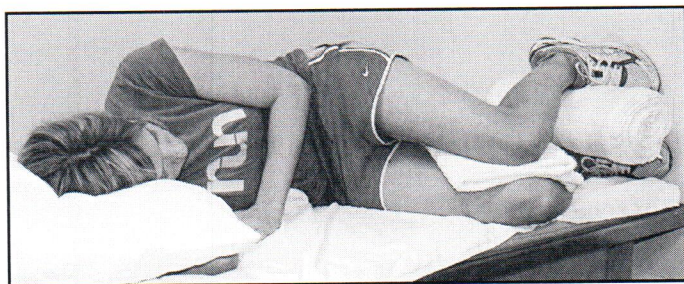
### 90-90 Supported Hip Lift with Hemibridge

1. Lie on your back with your feet flat on a wall and your knees and hips bent at a 90-degree angle.
2. Inhale through your nose and as you exhale through your mouth, perform a pelvic tilt so that your tailbone is raised slightly off the mat. Keep your low back flat on the mat. Do not press your feet flat into the wall instead dig down with your heels.
3. Maintain the pelvic tilt with your left leg on the wall and straighten your right leg.
4. Slowly take your straight right leg on and off the wall
5. as you breathe in through your nose and out through your mouth. You should feel the muscles behind your left thigh engage.
6. Perform 3 sets of 10 repetitions.



### Right Sidelying Respiratory Left Adductor Pull Back

1. Lie on your right side with your feet on a wall with your hips and knees at a 90-degree angle, ankles and knees together and your back rounded. Place a pillow under your head and keep your back and neck relaxed.
2. Place an appropriate size bolster between your feet and a towel between your knees. Your left knee should be lower than your left hip and ankle.
3. Push your right foot into wall.
4. Begin by inhaling slowly through your nose as you pull back your left leg.
5. Exhale through your mouth as you squeeze your left knee down into the towel for 3 seconds.
6. Inhale again as you pull back your left leg further. You should begin to feel your left inner thigh engage.
7. Exhale and squeeze your left knee down.
8. Continue the sequence until you have completed 4-5 breaths in and out. Attempt to pull back your left leg further each time you inhale.
9. Relax your knees back to the starting position and repeat the sequence 4 more times.







### Left Sidelying Resisted Right Glute Max

1. Lie on your left side with your hips and knees bent at a 60-90-degree angle.
2. Place your ankles on top of a 3-5 inch bolster and place your feet firmly on a wall.
3. Place tubing around both thighs slightly above your knees.
4. Shift your right hip forward until you feel a slight stretch or pull in your left outside hip.
5. Keeping your feet on the wall, raise your right knee keeping it shifted forward. You should feel your right outside hip (buttock) engage.
6. Hold this position while you take 4-5 deep breaths, in through your nose and out through your mouth.
7. Relax and repeat 4 more times.

