

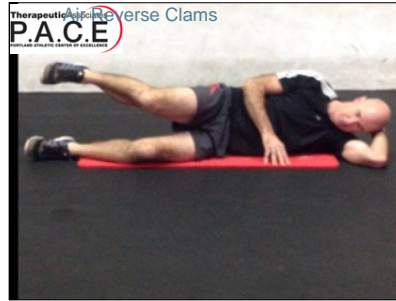
# PACE): Here Is Your Workout

Hip Matrix.matt.walsh

PACE)



Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



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1			
2			
3			
4			
5			
6			

Lay on side, knees bent 90deg  
Thighs either slightly in front of you, or aligned with torso (per therapist instructions)  
Keep knees slightly apart, pelvis steady, and lift top foot as high as possible towards the ceiling  
Repeat up to 20 times (good form!)  
Repeat on the other leg.



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1			
2			
3			
4			
5			
6			



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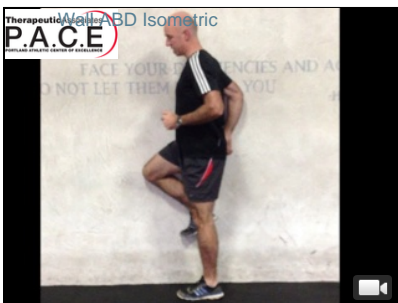


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1			
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6			

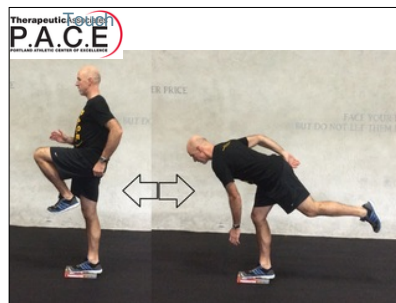


Exercise should be felt in the back side of the buttock of the stance leg.

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1			
2			
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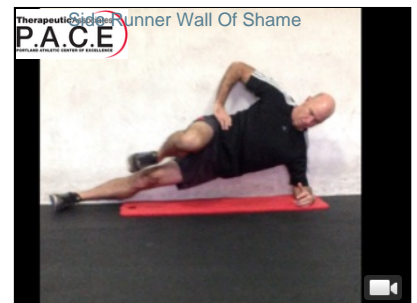


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From march position, slightly bend knee and hinge at hip from stance leg while reaching with opposite hand. Keep back straight, knee controlled, and make body a stable lever with minimal swaying. Rise with a straight trunk into march position.

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In a quadrupedal position, keep lower back flat and core engaged. Raise & Reach opposite arm and leg, stretching your body long and keeping hips stable. Alternate side to side.

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On all 4's, water bottle at small of the back. Lift one leg up, straight back, ideally getting the thigh parallel to the torso. Keep knee BENT as far as possible. Use core well to maintain position of the water bottle. Avoid shifting hips away from the lifted leg

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1			
2			
3			
4			
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6			



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