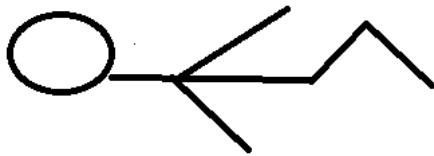


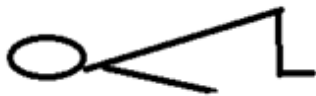
**Alison McKertich - 6/11/24**

Repeat exercises once a day. Rest if there is pain.

1. **Diaphragmatic Breathing** Lie on your back and take some diaphragmatic breaths. Feel your connection to your physically body. 5 Breaths



2. **Bridge with Block** - pay attention to glutes and avoid knee pain. 4-6 times



Breathe in in semi-supine  
Breathe out and lift up  
Breathe in and hold  
Breathe out and lower

3. **Prone Glute Activations** - one leg at a time 4-6 times per leg. Tuck toes under and lift knee. Try to isolate glute muscles.

