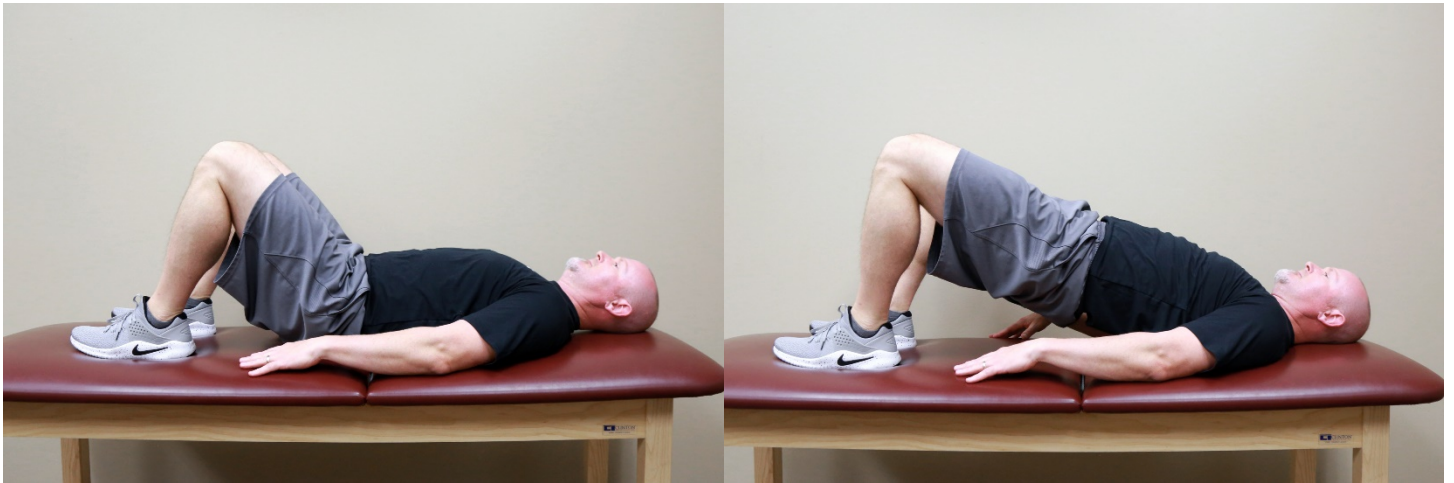


# UPSWING HEALTH

## Pes Anserine Bursitis

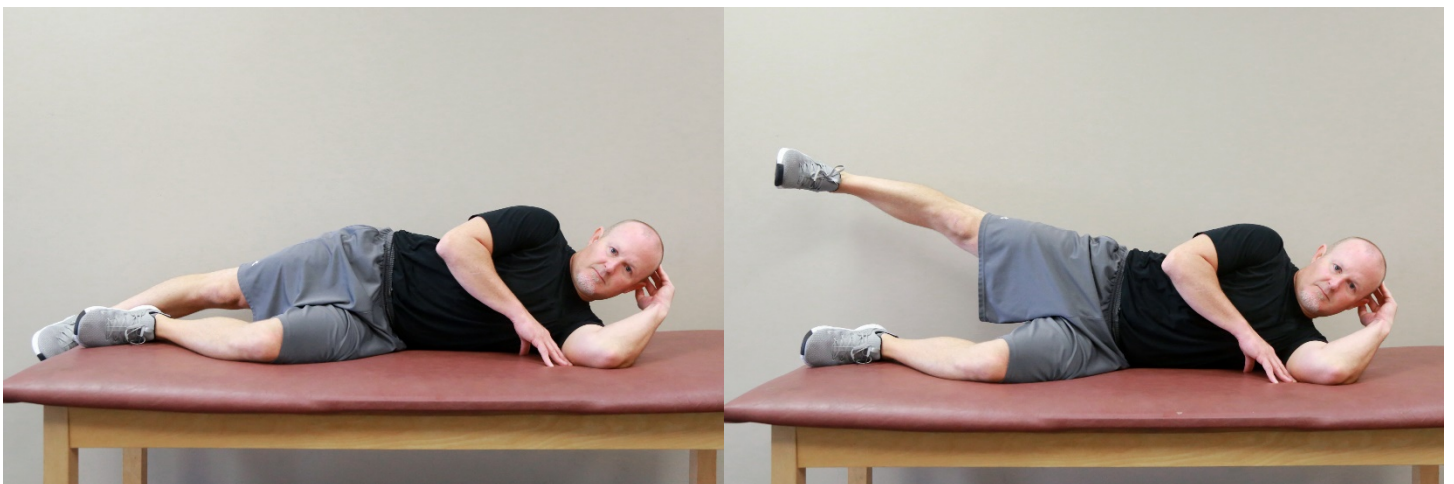
### Bridging

Bend your knees to a comfortable position and lift your toes off the bed/floor. Squeeze your buttocks and lift off the floor, then return. This lifted position is called a “bridge.” Perform 2-3 sets of 10 repetitions, once a day.



### Sidelying Hip Abduction

Lie on your uninvolved side with your bottom knee bent. Position your top leg slightly forward and keep it straight. Lift your top leg upward and keep your foot horizontal to the floor. Do not let your hips rock or shift. Perform 2-3 sets of 10 repetitions, once a day.

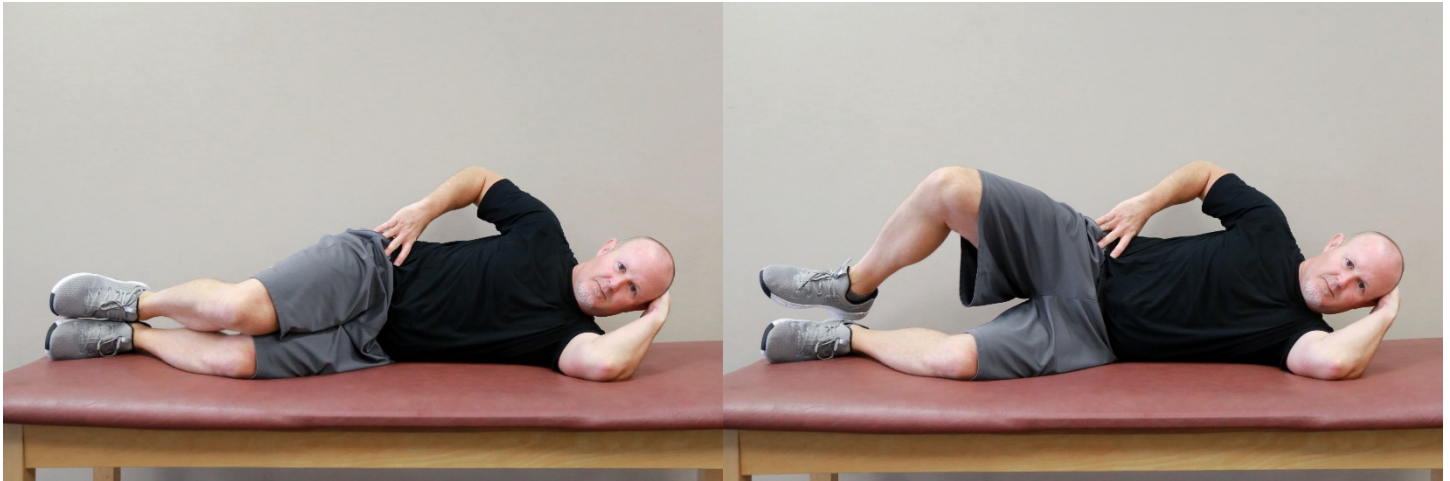


Discontinue exercises and consult with a medical professional if any discomfort is experienced.

# UPSWING HEALTH

## Clamshell

Lie on your uninvolved side with your knees bent and your pelvis rotated slightly forward. Keep your heels together. Rotate your top leg so that your knee turns upward. Stop before your hips/pelvis rock or shift. Perform 2-3 sets of 10 repetitions, once a day.



## Hip Extension

Using resistance band, pull leg straight back. Perform 2-3 sets of 10 repetitions, once a day.

