

Phase 1: Core and glute strengthening

1. Stretch: Single knee to chest
Video: [7 Simple Core Exercises That Prevent Lower Back Pain](#) (0:57)
2. Stretch: Hook line rotation
Video: [7 Simple Core Exercises That PREVENT Low Back Pain](#) (3:33)
3. Quadruped alternate (leg kick back, only leg)
Video: [5 Best Back & Core Exercises For Lower Back Pain](#) (0:35)
4. Dead bug
Video: [5 Best Back & Core Exercises For Lower Back Pain](#) (8:18)
5. Glute bridge
Video: [Core Strength: Physical Therapy for the Spine](#) (1:00)
6. Lateral side steps (walk)
Video: [FIX Your Knee Pain, Jesremy Ethier](#) (0:25)

	Side steps	Diagonal steps	Forward/backward steps
Resistance loop above knee			
Resistance loop below knee			
Resistance loop around feet			

7. Side lying hip abduction
Video: [FIX Your Knee Pain, Jeremy Ethier](#) (3:50)
Video: [PERMANENT Fix for IT Band Pain, AtleanX](#) (5:50)

Intermediate version: With Resistance loop
Video: [FIX Your Knee Pain, Jeremy Ethier](#) (4:30)
8. Quadruped (leg and hand)
Video: [7 Simple Core Exercises That PREVENT Low Back Pain](#) (10:10)
Video: [How To Get A Strong Lower Back The RIGHT Way, Jeremy Ethier](#) (6:00)
9. Slide plank bent knee
Video: [Core Strength: Physical Therapy for the Spine](#) (1:44)

Intermediate version: Slide plank straight leg
Video: [Side Plank for Hip, Knee, and Back Pain Relief](#)

Advanced version: Side plank hip abduction
Video: [FIX Your Knee Pain, Jeremy Ethier](#) (5:20)
10. Leg lift (from the knee)
Video: [Stop Stretching Your Hip Flexors AtleanX](#) (6:02)
Recommend watching the whole video
11. Isometric contraction for hip flexor
Video: [Hip Flexor Strain VS Hip Impingement](#) (8:45)
12. Ab crunches
Video: [Back Pain with Ab Exercises](#)