
















## RESTORE: The Hips Program – Mobility – Week 4

Week 4	Day 22	23	24	25	26	27	28
	<p> You may benefit from some REST today and a short break from this process to re-energize. If time allows today and you are ready, do go through Hip CARs.</p>	<p> Today is a PAO TRAINING DAY. Perform some PAILs and RAILs for your PAO.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p> <p> As time allows: Go to...BONUS #4: Two whole body stretches - Bretzel 1.0 and 2.0. Which is more beneficial for you at this point? That's a question you'll want to answer as you move forward.</p>	<p> Under STEP 2, go to...Long Adductor (Inside of the hip) PAILs and RAILs. Spend some time today learning and training this area of the hip and leg complex.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	<p> Today is a PAO TRAINING DAY. Perform some PAILs and RAILs for your PAO.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	<p> Go to Training Axial Rotation of the Hip, under STEP 2. Spend some time today training AXIAL rotation, first in Quad and then if time and energy allow, in Elevated PIGEON.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	<p> Today is a PAO TRAINING DAY. Perform some PAILs and RAILs for your PAO.</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>	<p> Under STEP 2, go to...the FROG. Learn about this movement and perform some PAILs and RAILs. Then...</p> <p> ...after FROG, go to BONUS #1 Video Tutorials on Tissue Care: Select the "Piriformis / Deep Six Rotators: SMR, Passive Stretch, and PAILs-RAILs"</p> <p> Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.</p>