













# RESTORE: The Hips Program – Mobility – 10 Week Plan

## Week 8

Week 8	Day 50	51	52	53	54	55	56
	 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.	 Today is a PAO TRAINING DAY. Perform some PAILS and RAILS for your PAO.	 As time allows, go to BONUS #1 Video Tutorials on Tissue Care: Select the "Piriformis / Deep Six Rotators: SMR, Passive Stretch, and PAILS-RAILs"	 Today is a PAO TRAINING DAY. Perform some PAILS and RAILS for your PAO.	 Go to BONUS #5 CARs - Advanced Variations: Select "Advanced Variation #1: Prone Hip CARs." This is challenging. Focus today on learning and segmental practice. #chunkit	 Today is a PAO TRAINING DAY. Perform some PAILS and RAILS for your PAO.	 As Time Allows - Go to BONUS #1 Video Tutorials on Tissue Care: Select the "All Things TFL (Tensor Fasciae Latae). Go through this.
	 If time allows, in the Performance Portal, go to the: Follow-Along Run Specific Passive Stretch-Spine & Hips	 Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.		 Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.		 Daily Ritual - Hip CARs: Each day one of your objectives will be to perform CARs for your hips.	 Daily Ritual - Hip CARs: Each time you PERFORM HIP CARs, it is essentially an assessment. With repetition and practice, are you better able to get closer to your outer most range of motion?