

STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground OR lying on the ground straight.



Make sure your knee is COMPLETELY straight. Tighten your quad as you bring your leg up. Video # VVBVU5P69

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week

HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.



The bottom leg can be bent to stabilize your body.

Keep your leg COMPLETELY straight. Video # VV4R4FB65

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week

SINGLE LEG BRIDGE

While lying on your back with your knees bent, extend one knee as shown.



Next, raise your buttocks off the floor/bed.

Try and maintain your pelvis level the entire time. Hold for 1 second then return to the starting position.

*Do BOTH sides. If this is too easy, you can balance the bottom foot on a pillow as you push off. Video # VVKL6B6GK

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week

BILATERAL SIDELYING CLAMSHELL - CLAM SHELL



While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back when you lift your leg. If you can't go very far, that's okay. It is better to only go a small amount and keep your hips engaged the entire time.



Make sure to keep your feet touching.

*Do on BOTH sides. Video # VVZLS2CSB

Repeat 15 Times

Hold 1 Second

Complete 2 Sets

Perform 3 Times a Week

STEP DOWN - LATERAL



Start with both feet on top of a step/box. You can do this on your staircase at home. Next, slowly lower the unaffected leg down off the side of the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Do not let your knee pass in front of your toes!

*Do on BOTH sides Video # VVBA2KGN7

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 3 Times a Week

STEP DOWN - FORWARD



Start with both feet on top of a step/box. Next, slowly lower the unaffected leg down forward off the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Do not let your knee pass in front of your toes!

*Do on BOTH sides. Video # VVWTD2U5R

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 3 Times a Week



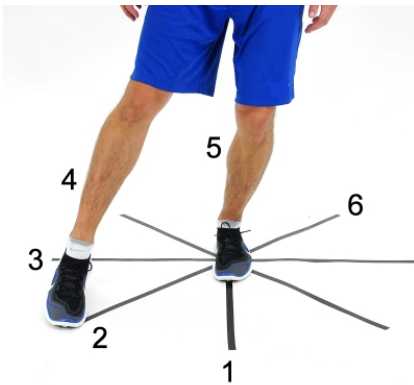
SINGLE LEG SPLIT SQUAT - BULGARIAN SPLIT SQUAT

Stand on your injured leg and place your other foot propped up on a chair, couch, or other low object behind you as shown. Next, bend your knee and lower your body towards the floor. Return to a standing position.

Make sure your knee does not pass over your toes!

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week



SINGLE LEG STANCE - CLOCKS

Start by standing on one leg and maintain your balance. Image a clock on the floor where your stance leg is in the center.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position.

Next, touch position 2 and return. Continue this all the way to position 6.

Maintain a slightly bent knee on the stance side.

*Do on BOTH sides. All 6 directions equals 1 rep. Do 5 reps.
Video # VVSAM8NNY

Repeat 5 Times
Complete 2 Sets

Hold 1 Second
Perform 3 Times a Week

SINGLE LEG DEADLIFT

Stand and balance on one leg.

Next, lean forward towards touching the floor as you extend and lift your leg behind your body. Keep your spine straight and hinge at the hip.

Return to starting original position and repeat. Bend far enough so that you feel it in your hamstring.

*Do BOTH sides. Video # VVNNXYN8Y

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week

