

PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back then flatten it repeatedly. Your abdominal muscles should be engaged while you do this. Your pelvis should tilt forward and back during the movement.

Place your hand in the small of your back. You should feel your back flatten against your hand when you perform the pelvic tilt. Video # VVHBZ4XN3

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



ELASTIC BAND - SIDELYING CLAM SHELL - CLAMSHELL

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement. □

*Do this exercise on BOTH sides. Video # VVAXMF43U



Repeat 15 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day



SIDELYING REVERSE CLAM SHELL - ELASTIC BAND - REVERSE CLAMSHELL

While lying on your side with your knees bent and an elastic band around your ankles, raise your top foot towards the ceiling while keeping contact of your knees together. Then, lower back down to original position.

Do not let your pelvis roll forward during the lifting movement. □

*Do this exercise on BOTH sides. Video # VVLN5CMU9



Repeat 15 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day

HIP ADDUCTION SQUEEZE - SUPINE

Place a rolled up towel, ball or pillow between your knees and press your knees together so that you squeeze the object firmly. Hold and then release and repeat. Video # VV53S4VKZ



Repeat 15 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day



HIP ABDUCTION - STANDING

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Use your arms for support if needed.

*Do this exercise on BOTH sides. Video # VVWVJJHEQ

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



HIP EXTENSION - STANDING

While standing, balance on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed.

*Do this exercise on BOTH sides. Video # VVTS2N85T

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



HIP FLEXION - STANDING - SLR

While standing on one leg, lift your other leg forward with a straight knee as shown. Return to starting position and repeat.

Use your arms for support if needed.

*Do this exercise on BOTH sides. Video # VVEGV5279

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat. Video # VVPKJ9GG9

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

Next, bend your knees and step forward while keeping tension on the band the entire time. After taking several steps forward, reverse the direction taking steps back until you return to the starting position. Repeat. Video # VVUDA3SU5

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

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.

*Do this exercise on BOTH sides. Video # VVNNXYN8Y

Repeat 15 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day



SINGLE LEG SPLIT SQUAT - BULGARIAN SPLIT SQUAT

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

Your target knee should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



Supine Deadbug

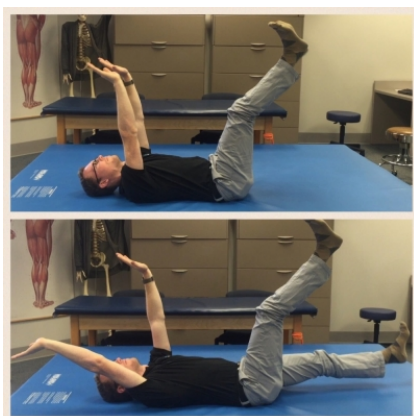
Laying on your back with arms and legs extended toward the ceiling, slowly lower the left leg and right arm at the same time. Return to neutral and repeat for the right leg and left arm.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



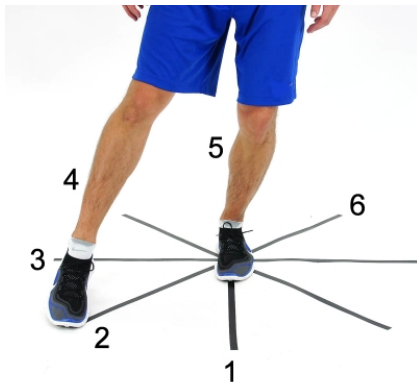
PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time. Video # VV2PBUD23



Repeat 1 Time
Complete 3 Sets

Hold 30 Seconds
Perform 1 Times a Day



SINGLE LEG STANCE - CLOCKS

Start by standing on your injured leg and maintain your balance. Imagine 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. All 6 positions= 1 rep.

Maintain a slightly bent knee on the stance side. Video # VVSAM8NNY

Repeat 5 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day

HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch. Video # VVQGB3WMY



Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side. Video # VV9R6CRWF

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



PIRIFORMIS STRETCH - MODIFIED

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder. Video # VVGWM3ZAP

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day