

## 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. Video # VVBVU5P69



Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day

## 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. Video # VV4R4FB65

Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day

## HIP ADDUCTION - SIDELYING

While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

Your top leg should be bent at the knee and your foot planted on the ground supporting your body. Video # VV2ZBYYNW



Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day

### PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time. Video # VVYXQ3QHJ



Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day

### 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 during the lifting movement. □  
\*Do this on BOTH sides. Video # VVZLS2CSB



Repeat 15 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day



### QUAD SET - TOWEL UNDER KNEE - ISOMETRIC QUADS

Place a small towel roll under your knee, tighten your top thigh muscles to press the back of your knee downward while pressing on the towel. Video # VVQ28PB2N



Repeat 10 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 1 Times a Day

### PRONE HAMSTRING CURLS

While lying face down, slowly bend your knee as you bring your foot towards your buttock. Video # VV62KZXT6



Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
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. \*Do this on BOTH sides. Video # VVGWM3ZAP



Repeat 1 Time  
Complete 3 Sets

Hold 30 Seconds  
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 1 Time  
Complete 3 Sets

Hold 30 Seconds  
Perform 1 Times a Day