

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 3 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 3 Sets

Hold 1 Second
Perform 1 Times a Day

BRIDGING WITH PILLOW SQUEEZE

While lying on your back, place a pillow between your knees and squeeze the pillow. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body. Video # VV66NMZ9H



Repeat 10 Times
Complete 3 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 exercise on BOTH sides. Video # VVZLS2CSB



Repeat 15 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day



SHORT ARC QUAD - SAQ

Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot. Lower back down and repeat. Video # VVQSBB7GH

Repeat 20 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 2 Sets

Hold 1 Second
Perform 1 Times a Day



STANDING HAMSTRING CURLS

While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat.

Keep knees in-line with one another. Video # VVMP2C2RC

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



COUNTER TOP - SQUAT

While standing next to a sink, LIGHTLY hold on to the counter top with your feet shoulder-width apart.

Bend your knees and lower your body towards the floor. Your body weight should be directed through the heels of your feet. Return to a standing position.

Your knees should not pass over your toes. Stand close enough to the countertop so that your knees cannot overlap your toes. Video # VVV28ARN9

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



HIP HIKES

While standing up on a step (such as your staircase), lower one leg downward towards the floor by tilting your pelvis to the side.

Then return the pelvis/leg back to a leveled position.

*Do this exercise on BOTH sides.

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

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

Hold 30 Seconds

Complete 1 Set

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 exercise on BOTH sides. Video # VVGWM3ZAP

Repeat 2 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day