

**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
Hold 15 Seconds
Complete 3 Sets
Perform 1 Times a Day

**HIP FLEXOR STRETCH - FOOT ON CHAIR**

While standing, place your foot on a chair as shown. Next, bend your knee to stretch the front of the thigh on the leg that is on the ground.

Video # VVUWSQYAX

Repeat 1 Time
Hold 15 Seconds
Complete 3 Sets
Perform 1 Times a Day

**PRONE QUAD STRETCH WITH BELT OR STRAP**

Start by lying on your stomach with a strap or 2 belts linked together and looped it around your affected side ankle.

Next, use the belt to pull the knee into a bent position allowing for a stretch as shown.

Video # VVXRY229Q

Repeat 1 Time
Hold 15 Seconds
Complete 3 Sets
Perform 1 Times a Day

PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Video # VVDKWUAS7



Repeat 1 Time
Hold 15 Seconds
Complete 3 Sets
Perform 1 Times a Day

SAQ/VMO

Place a foam roller under your knee. While keeping the back of the knee on the roller, slowly straighten your leg and slowly bend it back down. The SAQ movement should be done with your toes facing the ceiling. The VMO movement should be done the same, but with your toes pointing out to the side.



Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 10 Times

HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg towards the sky. 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
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day

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.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day

Video # VVBVU5P69



ELASTIC BAND - SIDE LYING 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.

Repeat 3 Times
Hold 1 Second
Complete 10 Sets
Perform 1 Times a Day

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

Video # VVAXMF43U



HIP HIKES

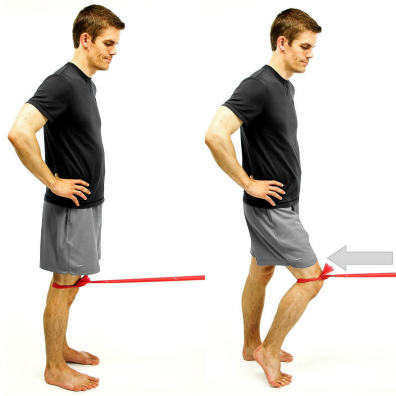
While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day

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

Video # VVY65Z9QP





TERMINAL KNEE EXTENSION - TKE

Start in a standing position with an elastic band attached above your knee and the other end tied with a knot and fixated behind a closed door or other anchor. The target knee should be partially bent with your toes touching the ground.

Next, move your knee back towards a straightened position so that your heel touches the floor and you pull against the band.

Video # VVQECT7TF

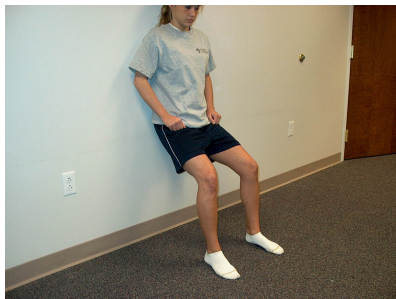
Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



STEP UP

Start by standing in front of a step/step stool with both feet on the floor. Step forward up the step with one leg and then the other leg. Return to starting position taking a step back towards the floor leading with the same leg.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Times a Day



WALL SITS

Lean against wall with feet at least 2 feet from wall and shoulder width apart. Slide hips toward floor to sitting position (knees should not move out over toes). Hold 30 seconds; raise up; repeat.

Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day