



1



Hip Flexor + Quad stretch

Place your foot on a table/chair. Hold onto the wall for balance if you need. Tuck your sitbones underneath you and feel the stretch along the front of your thigh.

Repeat 2 Times
Hold 30 Seconds
Perform 2 Times a Day

2



Hamstring Stretch

While lying on back, use a stretching strap or long towel to bring your leg into the air. Keep knee straight. You should feel a stretch in the back of your thigh.

Repeat 3 Times
Hold 30 Seconds
Perform 2 Times a Day

3



STRAIGHT LEG RAISE - SLR LONG SIT

Sit on the floor with one knee bent and the other straight. Prop up yourself by placing our hands on the floor behind you. Then, lift the straight leg up off the floor. Lower back down and repeat.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 2 Times a Day

4

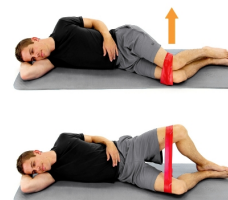


BRIDGING ELASTIC BAND ABDUCTION

While lying on your back, place an elastic band around your knees and pull your knees apart. 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.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Times a Day

5



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.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Times a Day

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

6



Reverse Clamshell - Sidelying with Band

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

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Times a Day

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

7



SIDE STEP WITH BAND

Start with band around ankles (advance to band around feet). Go into a mini squat and do not let knees go over toes. Keep feet straight forward and step out wide with the band and then halfway in. Keep tension on the band the entire time.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Times a Day

Step 10' in one direction and then return. This is one repetition.

8



SLR Extension

While lying on your stomach lift your straight leg up and down while keeping pelvis stable.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Times a Day

9



SLR x 3

1. SLR Flexion- Lay flat on your back, lock your leg out at the knee, and lift one leg at a time up toward the ceiling. Keep your back flat on the table. Complete 10 reps before repeating on other leg.
2. SLR Abduction- Lying on your side, lock your leg out at the knee and side kick up toward the ceiling. Repeat 10x and Flip to the other side.
3. SLR Extension- Lying flat on your stomach, lock your leg out at the knee, and kick your heel up toward the ceiling. Complete 10 reps before repeating on other leg.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week

Can be performed with a band around the ankles for added resistance.