



QUAD SET - TOWEL UNDER KNEE - ISOMETRIC QUADS

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

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) 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 3 Time(s) a Week



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.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



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.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week

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



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.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Keep your knee in a straightened position during the stretch.



HEEL SLIDES - LONG SIT WITH TOWEL AND BELT

While in a sitting position, place a small hand towel under your heel. Next, loop a belt, towel or bed sheet around your foot and pull your knee into a bend position as your foot slides towards your buttock. Hold a gentle stretch and then return back to original position.

Repeat 10 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week





LOOPED ELASTIC BAND HIP ABDUCTION

While standing with an elastic band looped around your ankles, move the target leg out to the side as shown.



Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week