

Notes:

1. Strengthening External rotatio

- Lie face down with your legs bent and your feet touching together
- Push your feet against each other by tightening your buttocks.
- Relax and repeat.

2. Clam

- Lie on your side with both legs slightly bent so that the soles of your feet are in line with your back.
- Ensure that you maintain a neutral spine position.
- Remember not to let your pelvis tip backwards.
- Slowly lift the top knee upwards keeping your ankles together. Lower the knee back to the starting position and repeat.
- You should feel this exercise working on the outside of your top buttock

Sets: 3 Repetition: 10 Frequency: 2 x / day

3. Strengthening Gluteus Med.

- Lie on your side with your knees bent.
- Tie elastic around your knees.
- Lift your upper knee without moving your pelvis.
- Lower your knee and repeat.

Sets: 3 Repetition: 10 Frequency: 2 x / day

4. Advanced clam

- Immediately after the first clam exercise.
- Lower the bottom leg but leave the top leg hovering. Bring your knee to your chest, keeping the angle at the knee constant (roughly 90 degrees). Ensure that your leg does not drop down (imagine it is resting on a table top).
- 10x

Sets: 3 Repetition: 10 Frequency: 2 x / day

5. Strengthening ABD/ER

- Lie on your side
- Place your top leg behind you
- Lift up the top leg, hold for a second and gently lower.
- Return to initial position and repeat.
- Ensure that the top leg is always kept behind you
- PROGRESSION: Repeat with a weight at the ankle.

Sets: 3 Repetition: 10 Frequency: 2 x / day

Notes:

6. Gluteus medius balance

- On one leg, extend and externally rotate slightly the leg that is unsupported. Keep your balance while doing side to side motion with the arms to create instability.

Sets: 3 Repetition: 10 Frequency: 2 x / day

7. Isometric Gluteus med.

- Stand on one leg beside a wall with the other leg bent and touching the wall.
- Have the support foot facing forward and your knee cap aligned with your second toe by activating your buttock muscle to externally rotate the supporting leg.
- Push your other knee against the wall while you slightly squat down on the supporting leg keeping the knee cap aligned with your 2nd toe at all times.

Sets: 3 Repetition: 10 Frequency: 2 x / day

8. Stabilization Step up

- Stand up straight with a stool in front of you.
- Place one foot on the stool facing straight forward.
- Align your knee cap with your second toe and rise up slowly onto the stool while maintaining this alignment.
- Return to your starting position by lowering your other foot slowly back down to the ground and repeat.
- NOTE: Control your knee from turning inward by squeezing your buttocks together.

Sets: 3 Repetition: 10 Frequency: 2 x / day

9. Stabilization Squat

- Stand on one leg
- Lower your body by bending the knee.
- Gently squeeze / activate the muscles in your buttock to keep the knee cap aligned with the 2nd toe.
- Only bend to a 1/3 range.
- Return to starting position and repeat.
- NOTE: Keep your knee stable (avoid any lateral movements) during the exercise.

Sets: 3 Repetition: 10 Frequency: 2 x / day

10. Stabilization Step down

- Stand up straight on top of a stool with your supporting foot facing directly forward.
- Put your hands on your hips (or wall for balance) and lower your body by bending at the affected hip and knee keeping your back straight (slightly arched) and your knee cap aligned with 2nd toe.
- Just as your foot touches ground, raise yourself back to standing position.
- NOTE: Control your supporting knee from going inward by squeezing your buttocks together.

Sets: 3 Repetition: 10 Frequency: 2 x / day

Notes:

11. Bridging

- Start in crook lying.
- Lift yourself up peeling one vertebrae at a time until your thighs are about on a straight line with your torso. Try to hold for 2 seconds and then lower yourself on the floor doing the reverse motion of putting down one vertebrae on the ground at a time.
- Do not lift the head off the floor.
- Repeat for 2 minutes

Sets: 3 Repetition: 10 Frequency: 2 x / day

12. Glute bridge

- Start in crook lying.
- Lift one leg off the floor and go up into a shoulder bridge peeling one vertebrae at a time.
- Keeping the leg out straight and thigh in line with the other thigh, lower yourself on the ground and lift yourself back up, peeling one vertebrae at a time.

Sets: 3 Repetition: 10 Frequency: 2 x / day