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Notes:

1. Hip stretch



Frequency: 2 x / day Hold: 30 sec.

- Lunge forwards with left leg.
- Press hips forwards to feel stretch in front of right hip.
- Reach up with right hand to feel stretch further.

2. Stretching



Frequency: 2 x / day Hold: 30 sec.

- Stand with involved leg on a chair with shin resting on it; slightly bend your supporting leg.
- Lean into chair with front of thigh; perform a slight pelvic tilt by squeezing your buttocks.
- To increase the stretch, step forward slightly and then tilt pelvis backward.

3. Stretching Glutes



Frequency: 2 x / day Hold: 30 sec.

- Lie on your back with your knees bent, place one foot (affected side) over the opposite knee.
- Grab behind the leg that is on the ground with your hands and pull it toward you until you feel a gentle stretch.
- Maintain the position and relax.
- NOTE: Push on your knee to increase the stretch.

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Notes:

4. Stretching Quadriceps



Frequency: 2 x / day Hold: 30 sec.

- Lie on your side with involved leg up and bottom knee bent up in front to protect your back (you can hold this knee in position with your bottom arm).
- Reach back and grasp ankle of involved leg and gently pull towards buttocks.
- Move your knee back without arching your back until you feel a stretch in the front of your thigh.
- Keep your knee as low to the floor as possible and maintain the position.
- NOTE: You can use a towel or belt around your ankle to pull it towards buttocks.

5. Eccentric Quadriceps



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

- Stand with your heels on an incline or a rolled towel and your feet facing forward at hips width.
- Lower your body by bending your hips and knees keeping your back straight (slightly arched) and your knee caps aligned with 2nd toe.
- Stop your movement at 90 degrees, return to standing position by holding on the chair and repeat.

6. Eccentric Quadriceps



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

- Stand on one foot with your heel on an incline or a rolled towel.
- Lower your body rapidly by bending your hip and knee keeping your back straight (slightly arched) and your knee cap aligned with 2nd toe.
- Stop your movement suddenly at 90 degrees, return to standing position on both feet by holding on the chair and repeat.
- PROGRESSION: Repeat without the incline surface under your heel.

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Notes:

7. Stabilization Squat



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

- Stand with both feet shoulder width apart and facing forward.
- While maintaining your back straight and your knee caps aligned with your second toes, slowly lower your body into a squat position (90 degrees) leaning slightly forward as you would sit in a chair keeping your heels in contact with the ground.
- Push weight into heels and activate gluts to come back up to initial position and repeat.

8. Single leg jumps



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

- Trace a line on the floor.
- Stand on one foot and jump front to back over the line controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee).

9. Single leg jumps



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

- Trace a cross on the floor.
- Stand on one foot and jump to each corner over the cross controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee.)

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Notes:

10. Stabilization Active SLR



- Lie on your back with your leg straight
- Lift your leg up keeping knee as straight as you can
- Hold for 2 seconds
- Slowly Lower

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

11. Stabilization Lunge



- Stand with your feet apart (one forward, one backward)
- Lower your body by bending the knees to 90 degrees without touching the floor with you back knee.
- Return to initial position and repeat with your feet placed the opposite way.

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

12. 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

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Notes:

13. Clam



- Lie on your side with both legs slightly bent so that the soles of your feet are in line with your back.
- Activate the pelvic floor and deep abdominal muscles to stabilise this 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

14. 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