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Notes:

1. Abduction



- Place one hip over the other, top leg as far back as possible without the hip falling backwards.
- Keep foot parallel to the floor.
- Lift leg as high as possible.

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

2. Abduction



- Lie on your back with your knees bent.
- Keep one knee at midline while moving the other knee away from it.
- PROGRESSION: Repeat with an elastic tied around your thighs.

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

3. Adduction



- Lying on back with knees bent to 90 degrees.
- Place ball between knees with feet in line with knees.
- Squeeze ball by squeezing knees together.
- Return and repeat.

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

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Notes:

4. Isometric Gluteus med.



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

- 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 without moving your body.
- Relax and repeat.

5. Strengthening ABD/ER



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

- 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.

6. Clam



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

- 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

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Notes:

7. Strengthening Abduction



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

- Tie elastic around each ankle and stand with your hips and knees slightly bent, your back straight and your feet at hips width.
- Open one leg to one side like a skating motion keeping your pelvis and your supporting knee stable (knee cap aligned with 2nd toe).
- Return to initial position and repeat.

8. Strengthening Diagonal



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

- Stand on the healthy leg with an elastic tied around the ankle of the injured leg.
- The other end of the elastic should be tied to a stable object in front of you at ankle level.
- Stabilize yourself on the stance leg and activate your abdominals while you pull on the elastic towards the back and outward by turning the leg outward without bending the knee.
- Return to initial position and repeat.

9. Strengthening Glutes



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

- Lie on your back with your knees bent, and arms crossed in front of chest.
- Activate the deep/core stomach muscles. Roll pelvis back into the bed and lift vertebra up one by one by controlling through core muscles and squeezing through your buttocks.
- Lower slowly making sure you do not allow your hips to dip all the way forwards at the end.

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Notes:

10. Strengthening Gluteus Med.



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

- 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.

11. Stretching Glutes



Frequency: 2 x / day Hold: 30 seconds 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.

12. Stretching ITB / Piriformis



Frequency: 2 x / day Hold: 30 seconds sec.

- Sit with straight back and cross one leg over the other.
- Hold your knee with the opposite arm and pull your knee across your chest towards the opposite shoulder until you feel a stretch on the outside leg and/or buttock.
- Maintain the position and relax.

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Notes:

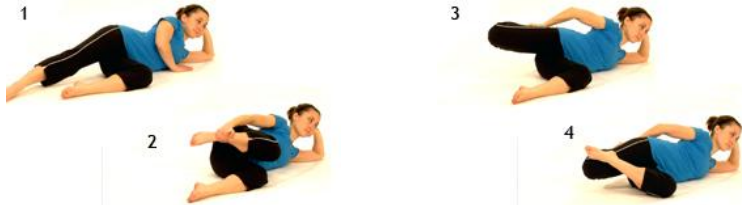
13. Stretching Piriformis

- Lie on your back and lift affected leg to chest and grab your knee with opposite hand.
- Gently pull your leg to middle of chest Maintain the position and relax.



Frequency: 2 x / day Hold: 30 seconds sec.

14. Stretching Quad/BIT



Frequency: 2 x / day Hold: 30 seconds sec.

- Lie on side and grab the top ankle with one hand to pull foot towards buttock keeping lower back neutral.
- Place the bottom foot on the knee of the top leg pulling the knee down until you feel a gentle stretch on the lateral side and the front of the elevated leg.
- Hold the stretch and return to initial position.