

Notes:

### 1. Hamstrings



- Lie on your stomach, cross your ankles (injured leg at the bottom).
- Bend your knees and then push down with your good leg applying pressure to your injured leg. Slowly push down to the floor and resist with your injured leg.
- Relax and repeat 3 x 10 reps . This type of exercise could give you some muscle soreness for 1-2 days afterwards.

Sets: 3 Repetition: 10 Frequency: 1 x / day

### 2. Isometric wall squat



- Have your back supported on a wall and feet slightly in front of you.
- Place a small ball between the legs and squeeze lightly as you lower yourself to bend the knees and hips at 90° just as you were sitting in a chair.
- Push through the heels to hold yourself in the position for the required time.

Frequency: 1 x / day Hold: 30 - 60 sec.

### 3. 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: 1 x / day

### 4. Strengthening Hamstring -Option B



- Stand with your back straight and your feet at hips width.
- Tie elastic around your ankles, or onto the leg of the chair/table in front of you.
- Place one foot into the elastic band and let the foot hover over the floor.
- Stand tall with your knee in line with your toes and your abdominal muscles drawn in.
- Bend the knee you are holding up, as if you where trying to kick yourself in the buttocks and slowly lower down.

Sets: 3 Repetition: 10 Frequency: 1 x / day

### 5. Strengthening squat



- Place the ball between your back and the wall with your feet apart the width of your hips and facing forward.
- Slowly bend your knees and roll under the ball as if you are sitting on a chair keeping knee caps in line with 2nd toe.
- Slowly return to standing position by pushing through heels to activate your buttock.
- Special Instructions:
- Maintain proper low back posture (slightly arched) and stability of the knees (avoid any lateral movements).

Sets: 3 Repetition: 10 Frequency: 1 x / day

Notes:

**6. Squat**

- Hands on the hips, initiate the squat with your hips. (Put your hips back as you were sitting on a chair). Keep the spine neutral and knees aligned.

Sets: 3 Repetition: 10 Frequency: 1 x / day

**7. Stabilization Side lunges**

- Standing with feet together and hand together in front.
- You lunge to one side keeping the knee cap over the 2nd toe and a slightly arched back (hips stick back).
- Push through the heels to return to starting position.
- Repeat on the other side if indicated.
- Landing must be soft and easy on joints.

Sets: 3 Repetition: 10 Frequency: 1 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: 1 x / day

**9. 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: 1 x / day

**10. Strengthening One leg squat**

- Stand straight on one leg holding on to a table or chair.
- Bend your knee slowly as in a "semi-squat" position keeping your knee cap aligned with second toe.
- Straighten your knee slowly back to its original position and repeat.
- NOTE: Maintain your lower back slightly arched and stability of your knees (avoid any lateral movements).
- Repeat 10 times 2 sets.

Sets: 3 Repetition: 10 Frequency: 1 x / day

Notes:

**11. Walking lunges**

- With your knee at hip width, take a step forward and try to get a 90 degrees flexion at the knee and the hip. Keep your torso and your hip stable and the foot aligned with the knee and the hip. Bring the trailing leg in front to make another step. Repeat as indicated.

Sets: 3 Repetition: 10 Frequency: 1 x / day