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Notes:

1. Active ROM Abduction



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

- Standing straight holding a table
- Move leg towards the outside without lifting the pelvis
- Return and repeat
- Do not bring leg across your body.

2. Active ROM Flex/Ext



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

- Stand on one foot and hold on to stable object (wall, chair or table).
- Keeping body as stable as possible, slowly move the elevated leg forward and backwards without bending the knee.
- Do not lift leg above hip height

3. Active ROM Flexion/Extension



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

- Lie on your back with your knees bent and your back in neutral position (slightly arched).
- Bend knee up as far as you can sliding heel up gently keeping your back in a neutral position.
- Slide the knee/heel back down again keeping the back in a neutral position.
- Do not bring the knee above your hip

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Notes:

4. Abduction



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

- Lie on a bed or a firm surface and loop a belt around thighs above the knees and push out against the belt.
- Hold for 5 seconds

5. 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
- NOTE: Initially start with a pillow between your knees so that your top leg does not cross your body

6. Adduction



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

- Lie in a bed or on a firm surface with a towel roll or pillow between knees.
- Squeeze legs together and hold for 5 seconds.

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Notes:

7. 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.

8. 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.