



Notes :

1 Bridges



Lie on your back with your knees bent.

Contract your abdominal muscles and your pelvic floor while lifting your buttocks off the ground until your trunk is aligned with your legs. Hold 5 seconds.

Slowly return to initial position and repeat 10 times

If this hurts your back, reduce your height and increase as tolerated.

Can add band around thighs just above the knees for more resistance.

Reps: 10 Hold: 5 sec

2 Clamshell



Lie on your side with both legs slightly bent.

Pull your belly button into spine and contract your pelvic floor.

Lift up the top leg keeping the pelvis stable, the leg slightly bent and heels together.

Maintain your pelvis on it's side, don't allow it to roll back, if you feel that you're rolling back that is your stopping point.

Slowly lower the leg down with control and repeat

Can add band around thighs just above the knees for more resistance.

Sets: 1-2 Reps: 10

3 Hip abduction



Lay on your side with your head supported and lower leg bent.

Tighten your abdominal muscles and pelvic floor.

Lift the top leg up, keeping the foot parallel to the ground and the thigh aligned with the body (do not move it forward as you lift), do not allow your pelvis to roll backwards.

Sets: 1-2 Reps: 10 Weight: 0-5#

4 Strengthening ASLR



Lie on your back with one knee bent and the affected leg completely straight.

Tighten your abdominal muscles and pelvic floor to stabilize your spine. Lift your leg off the bed to 45 degrees, keeping it straight. Lower the leg to the starting position and repeat.

Sets: 1-2 Reps: 10 Weight: 0-5#



5 Knee extension



Sit down on a chair with your back straight.
Fully extend one leg then go down and repeat.

Sets: 1-2 Reps: 10 Weight: 0-5#

6 Standing knee flexion



Stand with your back straight and your feet at hips width.
Transfer your weight to your unaffected leg and bend the other knee to bring the foot towards your buttock without arching the lower back or move the knee forward.
Lower your foot slowly and repeat.
Perform on both sides however if it is painful to stand on a joint that bothers you then don't do that side.

Sets: 1-2 Reps: 10 Weight: 0-5#

7 Plantar flexion on two legs



Stand on both feet with your hands on a chair or table for balance.
Raise on your tiptoes without bending the knees.
Lower under control to come back to the starting position and repeat.

Sets: 1-2 Reps: 10 Weight: 0-5#



Notes :



1 Bridges

Reps: 10 Hold: 5 sec

GEN8159



2 Clamshell

Sets: 1-2 Reps: 10

GEN2470



3 Hip abduction

Sets: 1-2 Reps: 10 Weight: 0-5#

XGEN1684



4 Strengthening ASLR

Sets: 1-2 Reps: 10 Weight: 0-5#

XGEN349



5 Knee extension

Sets: 1-2 Reps: 10 Weight: 0-5#

GEN42040



6 Standing knee flexion

Sets: 1-2 Reps: 10 Weight: 0-5#

GEN15433



7 Plantar flexion on two legs

Sets: 1-2 Reps: 10 Weight: 0-5#

GEN14499
