



**Notes :**

**1 Hip abduction with miniband**



Attach a miniband around both ankle.  
Keeping your knee straight, raise the leg out without turning your foot out.  
Return to the start position and keep your hips levelled and pelvis solid.  
You can use a support for balance.

Sets: 1-2 Reps: 10

**2 Hip extension with miniband**



Attach a miniband around your ankles.  
Stand holding the back of a chair if needed.  
Extend your leg behind you, while keeping your back straight and looking directly ahead of you.

Sets: 1-2 Reps: 10

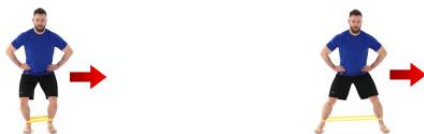
**3 Hip flexion, elastic**



Wrap your theraband around your ankles.  
Stand with tall posture then flex the hip by moving your straight leg forward, keeping your knee straight, hips leveled and pelvis solid.  
Return to the starting position and repeat.

Sets: 1-2 Reps: 10

**4 Side step with band**



Place a band just above the ankles and stand in an athletic stance with tension on the band.  
Walk sideways, maintaining tension on the band.  
Continue taking steps in that direction. Then return to the starting point by taking sidesteps to the other side.  
Perform the exercise keeping both feet straight.

Reps: 20 Other: each way

**5 Wall squat (90°)**



Stand up against a wall with your feet in front of you far away enough so when you come down your knees don't go beyond your toes.  
Slide up and down the wall, keeping the upper body in contact with the wall.  
Keep the knees in line with the feet.

Reps: 3 Hold: 20-30 sec



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## 6 Single leg heel raise



Stand on one foot on the floor next to a chair or table for balance. Raise the heel to go onto your toes without bending your knee. Lower to the starting position and repeat.

Sets: 1-2 Reps: 10

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## 7 Forward partial lunge



Stand and step forward keeping your trunk vertical. Bend the front leg, keeping your knee cap in line with the 2nd toe and pelvis level, don't bend at waist. Push back up to the starting position.

Reps: 10-20 Hold: 5-10 sec



**Notes :**



**1 Hip abduction with miniband**

Sets: 1-2 Reps: 10

GEN289862



**2 Hip extension with miniband**

Sets: 1-2 Reps: 10

GEN289861



**3 Hip flexion, elastic**

Sets: 1-2 Reps: 10

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**4 Side step with band**

Reps: 20 Other: each way

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**5 Wall squat (90°)**

Reps: 3 Hold: 20-30 sec

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**6 Single leg heel raise**

Sets: 1-2 Reps: 10

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**7 Forward partial lunge**

Reps: 10-20 Hold: 5-10 sec

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