



4 Way Hip SLR

4-Way Hip

Begin lying on your back with RIGHT leg bent and LEFT leg straight with knee and toes pointed to ceiling as in picture. Slowly raise your LEFT leg up towards the ceiling and hold for 5 seconds. Slowly lower leg back to starting position. Repeat for 10 reps.

Next, lying on your RIGHT side with RIGHT knee bent for stability, keep your LEFT leg and knee straight with toes pointed forward. Slowly raise your LEFT leg up towards the ceiling and hold for 5 seconds. Slowly lower leg back to starting position. Repeat for 10 reps.

Next, lying face down as in the picture, keep your LEFT leg and knee straight and toes pointed down towards the ground. Slowly raise your LEFT leg up towards the ceiling and hold for 5 seconds. Slowly lower leg back to starting position. Repeat for 10 reps.

Next, lying on your LEFT side with LEFT leg straight and RIGHT leg crossed over as in the picture. Keeping LEFT knee straight and toes pointed forward, slowly raise your LEFT leg towards the ceiling, hold for 5 seconds, and slowly lower leg back to starting position. Repeat for 10 reps.

3 sets
10 reps
5 second hold
3 times per day

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds



Donkey kicks

- ☐ 90 degree angle at knees
- ☐ No low back extension

Repeat 10 Times

Complete 3 Sets



FIRE HYDRANT - QUADRUPED HIP ABDUCTION

Start in a crawl position and raise your leg out to the side as shown. Maintain a straight upper and mid back. Video # VVFJHC6ST

Repeat 10 Times

Complete 3 Sets



BRIDGE - MARCHING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.

While holding this position, lift one leg while maintaining a level pelvis. Set it back to the floor and then lift the opposite leg. Video # VVLBF4MXT



Repeat 10 Times

Complete 3 Sets

Hold 1 Second



Hamstring Stretch-Wall

Lie down on the floor with your knee bent toward your chest. Move closer to the wall until your buttocks are touching it, with opposite leg on the floor. Slowly straighten your leg up the wall. Stretch to the point of mild tension but never to the point of pain. Hold the stretch and progress foot up the wall as able.

Hold 30 Seconds

Complete 2 Sets



Prone quadriceps stretch with strap

- 1) Begin on your stomach with a strap (can use dog leash or towel) around your ankle
- 2) While maintaining your pelvis flat on the ground, begin to pull the strap to bring your heel closer to your buttocks
- 3) Continue to pull until a mild-moderate stretch is felt in the front part of your thigh (quadriceps)
- 4) Repeat for allotted number of repetitions and perform going in the opposite direction

Hold 30 Seconds

Complete 2 Sets



Figure 4 Stretch: On Wall

Lie on your back with both feet on the floor and knees bent to start. From there, place your right ankle on your left knee. Then place your left foot on the wall so that your left knee is at 90 degrees.

Relax your hips and try to keep your lumbar spine close to the mat. Hold for at least 20 sec. Then repeat same process on the other side.

Hold 30 Seconds

Complete 2 Sets



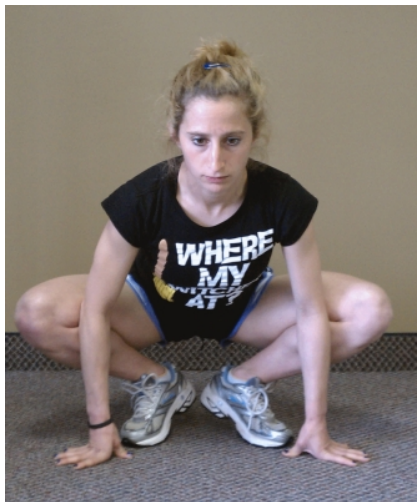
STANDING ILIOTIBIAL BAND STRETCH SUPPORTED - ITB

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side while using your arm for balance support. Video # VV33G8KC7

Hold 30 Seconds

Complete 2 Sets



Squatting hip adductor stretch

In a fully squatted position with feet nearly contacting each other, spread the hips as far apart as possible while facilitating/ accentuating the stretch with the elbows (the elbows will push laterally in an attempt to spread the legs apart further)

Hold 30 Seconds

Complete 2 Sets