

Weeks 1-2

STEP 1



STEP 2



Supine Knee Flexion Wall Slide

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your knees slightly bent and feet resting flat on a wall.

Movement

Slowly slide your heel down the wall toward the floor until you feel a stretch in your knee. Hold briefly, then slide your heel back up and repeat.

Tip

Make sure to slide your heel in a straight line and do not let your knee inward or outward during the exercise.

STEP 1



STEP 2



Supine Hip Abduction on Slider

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one heel resting on a slider and your other knee bent.

Movement

Slowly slide your leg straight out to your side, then bring it back to the starting position and repeat.

Tip

Make sure to keep your knee straight and do not arch your back as you move your leg.

STEP 1



STEP 2



Seated Heel Raise

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin by sitting upright in a chair with your feet positioned shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep the balls of your feet in contact with the floor.

STEP 1



STEP 2



Seated Toe Raise

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on a chair with your feet flat on the floor.

Movement

Raise your toes up off the floor.

Tip

Make sure to keep your heels on the floor.

STEP 1



STEP 2



Seated Hamstring Stretch

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

STEP 1



STEP 2



Seated Piriformis Stretch

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair. Cross one leg over the other so that your ankle is resting on top of your opposite thigh.

Movement

Gently pull your bent knee across your body toward your opposite shoulder. You should feel a stretch through the back of your hip and buttocks.

Tip

Try to not to arch your back or lean to one side as you stretch.

STEP 1



STEP 2



Sidelying Quadriceps Stretch

REPS: 3 | SETS: 1 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your legs straight.

Movement

Bend your upper leg, and grab hold of your foot to pull it toward your buttocks until you feel a stretch in the front of your thigh and hold.

Tip

Make sure not to let your hips tilt forward or backward.

STEP 1



STEP 2



Standing Hip Flexion AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding onto a chair for support.

Movement

Lift one leg straight forward, then bring it back to the starting position and repeat.

Tip

Make sure to keep your abdominals tight and your hips facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding on to a stable object for support.

Movement

Lift one leg backward, then slowly return to the starting position and repeat.

Tip

Make sure to keep your back straight and maintain your balance during the exercise.

STEP 1



STEP 2



Standing Hip Adduction AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding onto a chair for support.

Movement

Lift that foot off the ground, and draw your leg inward. Repeat this motion. Keep the knee of your moving leg straight and do not allow your trunk to wobble.

Tip

Make sure to keep your shoulders and hips facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Abduction on Slider

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding onto a chair for support with one foot resting on a slider.

Movement

Keeping your knee straight, move your leg directly out to the side, then bring it back and repeat.

Tip

Make sure to keep your abdominals tight as you move your leg.

STEP 1



STEP 2



Seated Knee Flexion Extension AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on the edge of a chair and your feet resting flat on the ground.

Movement

Slowly slide your foot forward as far as you can with your toes up. Then slowly slide your heel backward as far as you can.

Tip

Make sure to stay sitting upright during the exercise. Only bend your knee as far as you can without causing pain.

Weeks 3-4

STEP 1



STEP 2



Standing Heel Raise with Support

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding onto a stable surface in front of you for support.

Movement

Slowly raise the your heels off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep the balls of your feet on the ground and maintain your balance during the exercise.

STEP 1



STEP 2



Standing Hip Flexion March

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart and hands resting on your hips.

Movement

Lift your leg forward with your knee bent and then lower it to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let it arch as you lift your leg.

STEP 1



STEP 2



Standing Hip Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Lift your leg out to your side, then return to the starting position and repeat.

Tip

Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise.

STEP 1



STEP 2



Standing Hip Extension AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart and hands resting on your hips.

Movement

Lift your leg behind you with your knee straight and then lower it to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let it arch as you lift your leg.

STEP 1



STEP 2



Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

STEP 1



STEP 2



Step Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing with a small step or platform in front of you.

Movement

Step up onto the platform with one foot then follow with your other foot. Return back down to the starting position and repeat.

Tip

Make sure to maintain good posture during the exercise and do not let your knee bend forward past your toe as you step up.

Weeks 5-6

STEP 1



STEP 2



Standing Repeated Hip Flexion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with a resistance band looped around one ankle and anchored behind you, with your hands on your hips.

Movement

Lift your leg forward repeatedly without touching your foot to the ground.

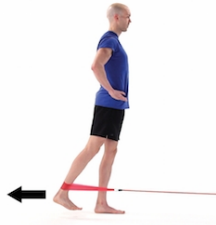
Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

STEP 1



STEP 2



Standing Hip Extension with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band secured around your other ankle, facing the anchor point.

Movement

Slowly draw your leg backward, creating further tension in the band, then carefully bring your leg back to the starting position. Keep the knee of your moving leg straight and do not allow your trunk to wobble.

Tip

Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Abduction with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jam to your side and secured around your ankle that is furthest from the anchor point.

Movement

Slowly draw your leg out to the side, away from your body, creating further tension in the band, then carefully bring your leg back to the starting position.

Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



Standing Hip Adduction with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jam to your side and secured around your ankle that is closest to the anchor point.

Movement

Slowly draw your leg inward, creating further tension in the band, then carefully bring your leg back to the starting position.

Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



STEP 3



Standard Lunge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

Movement

Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

Tip

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.

STEP 1



STEP 2



STEP 3



Supine Bridge with Mini Swiss Ball Between Knees

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your legs bent, feet resting on the floor, and a ball between your knees.

Movement

Engage your abdominals as you gently squeeze the ball between your knees and lift your hips off the ground into a bridge position. Hold briefly, then lower back down to the ground and repeat.

Tip

Make sure to keep your core engaged and your movements slow and controlled. Do not let your hips rotate to either side during the exercise.

STEP 1



STEP 2



Squat in Wide Stance with External Rotation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet in a wide stance and toes pointed outward.

Movement

Squat, bending at your knees and hips. Straighten your legs and repeat.

Tip

Make sure to keep your back straight, weight in your heels, and do not allow your knees to collapse inward or move forward past your toes during the exercise.

STEP 1



STEP 2



Romanian Deadlift

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing with your feet shoulder width apart and your arms straight in front of you with your palms facing inward.

Movement

Bend forward at the waist so that your arms and chest are parallel to the floor. Hold briefly, then keep your back straight as you return to the starting position, and repeat.

Tip

You should feel a stretch in the back of your upper leg when you bend forward. Avoid locking your knees during the exercise.

Weeks 7-8

STEP 1



STEP 2



STEP 3



Curtsy Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing with your feet hip width apart.

Movement

Reach one leg back and to the side at a 45 degree angle, keeping the weight on the base of your toes. Then, lower yourself down slowly. Drive through the front leg and return to the upright standing position.

Tip

Keep your movements slow and controlled and your front knee in line with the 2nd toe as you come down.

STEP 1



STEP 2



STEP 3



STEP 4



3-Way Lunge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Take a large step forward and lower yourself into a lunge position, then carefully return to the starting position. Repeat this motion stepping diagonally forward, and then sideways.

Tip

Make sure to keep your trunk steady and do not let your knee collapse inward as you lunge.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Forward Monster Walks

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slightly bend your knees into a mini squat position. Step diagonally forward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Backward Monster Walks

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slightly bend your knees into a mini squat position. Step diagonally backward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



STEP 2



Lateral Monster Walk with Resistance (BKA)

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your legs, making sure the band is around the end of your socket.

Movement

Slowly step sideways with one foot and follow with your other foot.

Tip

Make sure to keep your feet pointing straight forward and maintain tension in the band during the exercise. Do not let your feet come together.

STEP 1



STEP 2



Single Leg Lunge with Foot on Bench

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a wide staggered stance position with your back foot resting on a bench.

Movement

Bend your front knee, lowering your body into a lunge position, then return to standing and repeat.

Tip

Make sure to keep your abdominals tight and do not let your knee move forward past your toe or collapse inward during the exercise.

STEP 1



STEP 2



Side Plank on Elbow

REPS: 5 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your feet stacked, resting on your elbow.

Movement

Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.