

STEP 1



STEP 2



Bent Knee Fallouts

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

Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Engage your abdominals and slowly lower one knee towards the ground. Return to the starting position and repeat with the other leg.

Tip

Make sure to breathe and do not allow your hips or trunk to rotate during the exercise.

STEP 1



STEP 2



Prone Hip Internal Rotation AROM

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

Setup

Begin lying on your front.

Movement

Bend both knees to a 90 degree angle, tighten your abdominals, and let both of your legs fall outward as far as you can. Bring them back together, then repeat.

Tip

Make sure to keep your abdominals tight and do not let your low back arch during the exercise.

STEP 1



STEP 2



Prone Hip External Rotation AROM

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

Setup

Begin lying on your stomach one knee bent at a 90 degree angle.

Movement

Slowly rotate your bent leg downward until your hip starts to rise off the ground.

Tip

Make sure to keep your trunk stiff during the exercise.

STEP 1



STEP 2



Seated March

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

Setup

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

Movement

Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

Tip

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

STEP 1



STEP 2



Seated Long Arc Quad

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

Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Supine Posterior Pelvic Tilt

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

Setup

Begin by lying on your back with your knees bent and feet resting on the floor.

Movement

Slowly bend your low back and tilt your pelvis backward into the floor, then return to the starting position and repeat.

Tip

Make sure to only move your pelvis and low back and keep the rest of your body relaxed.

STEP 1



STEP 2



Clamshell

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

Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

STEP 1



STEP 2



Sidelying Hip Abduction

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

Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



Bridge

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

Setup

Begin lying on your back with your knees bent and feet hip width apart.

Movement

Squeeze your stomach and buttock muscles and lift your bottom up into a bridge position. Return to the starting position and repeat.

Tip

Make sure to keep your stomach and buttock muscles active and do not arch your back during the exercise.

STEP 1



STEP 2



Wall Squat

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

Setup

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

Movement

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

STEP 1



STEP 2



Quadruped Hip Abduction and External Rotation

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

Setup

Begin on all fours with your hands under your shoulders and your knees under your hips.

Movement

Lift your leg up. Keeping your feet close together, turn your knee out to your side. Return to the starting position and repeat.

Tip

Make sure to engage your core and do not let your hips rotate or drop to either side.

STEP 1



STEP 2



Prone Hip Extension with Sound Leg Straight (AKA)

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

Setup

Begin lying on your front.

Movement

Tighten your buttock muscles, then lift your sound limb off the bed. Hold briefly, then relax and repeat.

Tip

Make sure to keep your core engaged during the exercise. Do not arch your low back or rotate your hips.

STEP 1



STEP 2



Prone Hip External Rotation AROM

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

Setup

Begin lying on your stomach one knee bent at a 90 degree angle.

Movement

Slowly rotate your bent leg downward until your hip starts to rise off the ground.

Tip

Make sure to keep your trunk stiff during the exercise.

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.

STEP 1



STEP 2



Standing Knee Flexion AROM with Chair Support

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

Setup

Begin standing with your hands resting on a stable surface.

Movement

Pick up one foot and bend your knee as far as you can. Then, lower your leg back to the floor and repeat.

Tip

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

STEP 1



STEP 2



Prone Hip Extension

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

Setup

Begin by lying on your stomach with both legs stretched straight behind you.

Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

Tip

Make sure to keep your knee straight and trunk steady during the exercise.

STEP 1



STEP 2



Side Stepping with Resistance at Thighs

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

Setup

Begin standing upright with a resistance band looped around your thighs, just above your knees. Bend your knees slightly so you are in a mini squat position.

Movement

Slowly step sideways, maintaining tension in the band.

Tip

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

STEP 1



Romberg Stance on Foam Pad

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

Setup

Begin in a standing upright position on a foam pad with your feet together and arms resting at your sides.

Movement

Keep your eyes open and maintain your balance in this position.

Tip

Make sure to maintain an upright posture.

STEP 1



STEP 2



Full Plank

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

Setup

Begin on all fours with your arms directly underneath your shoulders.

Movement

Extend your legs backward so your body is in a plank position, and hold.

Tip

Make sure to keep your back straight, abdominals tight, and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Wall Squat

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

Setup

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

Movement

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall 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.

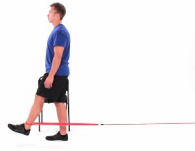
Tip

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



Standing Hip Flexion with Anchored Resistance and Chair Support

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

Setup

Begin in a standing upright position with a resistance band anchored behind you and looped around your ankle. Hold a stable object for balance.

Movement

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

Tip

Make sure to keep your abdominals tight and your back straight during the exercise.

STEP 1



STEP 2



Standing Hip Extension and Flexion with Resistance

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

Setup

Begin in a standing upright position with a resistance band that is anchored in front of you looped around one ankle.

Movement

Pull your leg straight backward against the resistance. Then slowly let the resistance pull your leg all the way forward, and repeat.

Tip

Make sure to maintain your balance and keep your hips and shoulders facing 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



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.

STEP 1



STEP 2



Single Leg Bridge with Ground Touches

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

Setup

Begin lying on your back with your knees bent, feet on the floor, and your elbows resting on the ground with your hands in fists on your hips, thumbs pointing up.

Movement

Tighten your abdominals, straighten one leg, keeping it in line with the other, and lift your hips off the floor into a bridge position. Then lower your hips to the ground and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your hips rotate to either side. Use your thumbs to monitor the movement of your hips.

STEP 1



STEP 2



STEP 3



Pistol Squat

REPS: 15 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright. Lift your arms out in front of you.

Movement

Lift one leg off the ground, keeping your knee straight. Then, lower yourself into a squatting position, bending at your hips and working knee. Come up from the squat and repeat.

Tip

Make sure you do not let your back round while performing the exercise. Reset your balance as needed.

STEP 1



Single Leg Stance

REPS: 3 | SETS: 1 | HOLD: 30 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet together and arms resting at your sides.

Movement

Lift one foot off the floor, balancing on your other leg. Maintain your balance in this position.

Tip

Try not to move your arms away from your body or let your weight shift from side to side.

STEP 1



STEP 2



STEP 3



Lateral Lunge

REPS: 15 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart and arms resting at your side.

Movement

Step to the side with one leg, lowering your body into a lunge position, then carefully return to the starting position.

Tip

Make sure not to let your knees collapse inward during the exercise.