

## HAMSTRING STRETCH

While sitting with your leg stretched out, reach forward with your hands towards touching your toes. Make sure to keep your back straight, and not slouched over. Video # VV6U8J6UF



Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 7 Times a Week

## HAMSTRING STRETCH

While lying on the ground, hold the back of your knee/thigh area and straighten your knee until a stretch is felt along the back of your leg.



Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 7 Times a Week

## QUAD STRETCH

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh. Video # VVP237T48



Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 7 Times a Week



### STANDING IT-BAND STRETCH

In a standing position, cross the hurt leg behind your non-hurt leg.

Next, with your arm over head, lean to the side towards the non-hurt leg.

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 7 Times a Week



### CALF STRETCH

Start by standing in front of a wall or other sturdy object, step backward with one foot. Keep both feet facing forward. Keep the leg behind you with a straight knee during the stretch. Try and keep your heel on the ground. With the other leg, lightly bend the knee to feel more of a stretch in the other leg. Video # [VVNCZDYYG](#)

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 7 Times a Week



### CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object, step backward with one foot. Keep both feet facing forward. Slightly bend the knee of the leg further back. Try and keep your heel on the ground. With the other leg, lightly bend the knee to feel more of a stretch in the other leg. Video # [VVGUVSTYG](#)

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 7 Times a Week

## PIRIFORMIS STRETCH

While lying on your back with both knees bent, cross one leg on top of the other knee.

Next, hold one thigh and pull it up towards your chest until a stretch is felt in the buttock. Video # VVDKWUAS7



Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 7 Times a Week

## STANDING PIRIFORMIS STRETCHING

Place your leg on top of a table top as shown. If a stretch in your buttock is not felt you can lean forward and bend the other knee to increase the stretch.



Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 7 Times a Week

## BRIDGE - DOUBLE LEG OR SINGLE LEG - For strong back, glutes and hamstrings

For a double leg bridge, while lying on your back, raise your buttocks off the floor/bed into a bridge position. Make sure your shoulder, hip and knee are all in a line.



For a single leg bridge (do this only if double leg bridges are easy) straighten a leg so that only one leg is supporting your body. Then, return that leg back to the ground and change to the other side.



Try and maintain your hip level the entire time. □

Make sure you hold both bridges for 5 seconds each. Video # VV4PDWKBK

Repeat 10 Times

Hold 5 Seconds

Complete 3 Sets

Perform 3 Times a Week

## CLAM SHELL

- For strong hips



While lying on your side with your knees bent at about a 45 degree angle, draw up the top knee while keeping your ankles together.

Do not let your pelvis roll back during the lifting movement. It may be easier to perform this exercise against a wall, where your back, glutes, and feet are pressed against it. Video # VVZLS2CSB



Repeat 10 Times  
Complete 3 Sets

Hold 2 Seconds  
Perform 3 Times a Week

## REVERSE CLAMSHELL

- For strong hips



While in the same position for the "clamshells", raise your top foot towards the ceiling while keeping your knees together. Then, lower back down to original position.



Do not let your hips roll forward during the lifting movement. Video # VV3B5G99F

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 3 Times a Week



## 4 Way Hip

- For strong hips, adductors, glutes, quads, back and hamstrings

### Single Leg Raise:

Begin on lying on your back, both legs bent. Straighten out one leg and lift until thighs match level. Lower slowly.

### ABDuction:

Lying down on your right side - left leg is going to lift. Make sure not to roll your hips backwards. Lower back down with control. Repeat on right leg after completing the full set of 20 reps.

### ADDuction:

Lying down on your right side - right leg is going to lift. Cross the left leg over right leg (as seen in top right picture), and lift the right leg up towards the ceiling. Lower back down with control. Repeat on left leg after completing the full set of 20 reps.

### Prone Extension:

Laying down on your stomach, have both legs together and straight. Lift the leg of focus, driving the heel towards the ceiling as high as your can MAINTAINING A STRAIGHT POSITION. Lower the leg back to the start position. Repeat as prescribed.

Repeat 20 Times  
Complete 1 Set

Perform 3 Times a Week



### 4-Way Ankle

- For strong ankles and shins

Plantarflexion (PF) - loop band around foot and hold other end of band; push foot downward

Inversion (IV) - loop band around foot and corner of table as leverage for tension; pull big toe in.

Eversion (EV) - loop band around foot and use other leg as leverage for tension; pull pinky toe out.

Dorsiflexion (DF) - loop band around foot and use other leg as leverage for tension. Bend involved knee so heel is on table; pull foot upward

**MAKE SURE YOU ARE ONLY MOVING YOUR ANKLE.** Look at you knee and make sure it is not rolling in or out as you do this. If it is, that means your hip is doing the work and not the ankle.

Repeat 10 Times

Complete 2 Sets

Perform 3 Times a Week



### STANDING CALF RAISE

- For strong calves

Standing on both legs, slowly raise up on your toes. Hold at the top for a couple of seconds and then SLOWLY lower back down.

Repeat 10 Times

Complete 3 Sets

Hold 2 Seconds

Perform 3 Times a Week



### SOLEUS CALF RAISE

- For strong calves

While standing with a bend in your knees, raise up onto your toes as you lift your heels off the ground.  
(Maintain a bent knee throughout the entire exercise)

Repeat 10 Times

Complete 3 Sets

Hold 2 Seconds

Perform 3 Times a Week





## STEP DOWN

- For strong quads and knees

Standing with one foot on the edge of a step, slowly bend that knee until the other heel touches the ground. Then straighten that knee to come up. Make sure your hips are staying aligned and your knee that is bending is staying over top of your big toe and not moving inward. Video # VVCAPKWNN

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 3 Times a Week



## FORWARD LUNGE

- For strong quads, hamstrings, knees, glutes and calfs

While standing, step forward with one leg and bend both knees. Make sure both knees are at 90 degree angles. Then, pushing through your heel, stand back up. Video # VVL7FCS32

Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
Perform 3 Times a Week



## BODY WEIGHT SQUAT

- For strong quads, hamstrings, knees, glutes and calfs

Start with your feet a little more than shoulder width apart. Then, send your glutes back slightly. After that, bend your knees until they are at 90 degrees. Make sure, your heels are on the ground and your knees are not over your toes. If your knees are over your toes, then send your glutes back more. Video # VVYCBXQ6S

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 3 Times a Week