

**CHAIR POSE - YOGA - UTKATASANA**

**Duration** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Week



Start in a standing position. Raise your arms up high as you bend your knees into a squat position. Keep knees behind toes. Hinge at the hips and keep back straight. Tighten abdominals drawing naval inward towards spine.

Hold this position.

Slow deep diaphragm breathing the entire time.

Video # VVG545VFA

**PRONE HIP EXTENSION**

**Repeat** 10 Times  
**Hold** 2 Seconds  
**Complete** 3 Sets  
**Perform** 2 Times a Day



While lying face down with your knee straight, squeeze your glute and then slowly raise up your leg off the ground. Lower leg, relax glute and then squeeze glute again before repeating the exercise. Maintain a straight knee the entire time. Perform on both sides.

Video # VVYXQ3QHJ



**4 Way Hip**

**Repeat** 8 Times  
**Complete** 2 Sets  
**Perform** 1 Times a Day

Place end of theraband in crack of the door near the floor and close door. With each direction, make sure your back is flat (core engaged) and stand tall.

1. Face the door and move leg with band backwards and forwards, keeping that knee straight.

2. Quarter turn and move leg out and in with knee straight. 3. Quarter turn again and move leg with band forward and back with knee straight.

4. Quarter turn again and move leg out and in with knee straight.



### SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat.

**Repeat** 10 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day



Do not let your pelvis roll back during the lifting movement.

Video # VVZLS2CSB



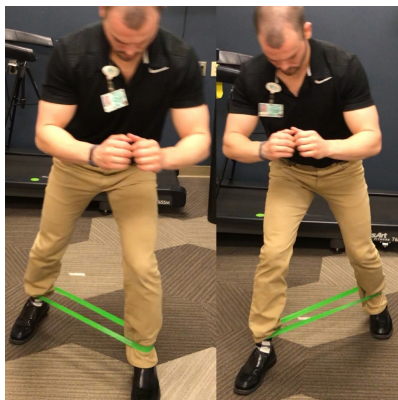
### LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

**Repeat** 6 Times  
**Hold** 1 Second  
**Complete** 3 Sets  
**Perform** 1 Times a Day

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.

Video # VVPKJ9GG9



### Monster Walks

Placing band around ankles (or above knees for less of a challenge) step forward and outward. Alternating legs. Repeat going backwards.

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 1 Times a Day



### HIP ADDUCTION SQUEEZE - SUPINE

Place ball, rolled up towel or pillow between your knees and press your knees together so that you squeeze the object firmly. Hold and then release and repeat.

Squeeze lightly, within a pain free zone!!

Video # VV53S4VKZ

**Repeat** 6 Times  
**Hold** 2 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### Glute Bridges

Start laying on your back with your knees bent and feet flat on the floor hip width apart. Bring your feet nice and close to where they are right under your knees. Press into your feet and send your hips up towards the ceiling. Inhale as your hips come down, exhale as they go up. Breathe deeply.

You can add a band around your knees to make it harder.

**Repeat** 10 Times  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### ADDUCTOR STRETCH WITH MULTI-LOOP STRAP

Lie on your back and place a stretching strap on your foot. Pull on the strap to assist in raising your leg up and to the side for a stretch to your inner thigh muscles.

Video # VVXKVG249

**Repeat** 1 Time  
**Hold** 45 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day



### Seated hip adductor stretch

Sitting with your back against the wall. Bring your feet together and let your knees drop out to the side. Feel a comfortable stretch in the inner thighs. Breathe in and feel your stomach and pelvic floor lengthen. Exhale and notice how the abdominals and pelvic floor come back in. Hold the position for several minutes. If this is too strong of a stretch bring the hips away from the wall a little, or put a pillow under the knees. If you can tolerate more stretch you can lean forward a bit more.



### Adductor Stretch

Lay on back with knees bent and feet touching. Force knees apart toward floor.

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day

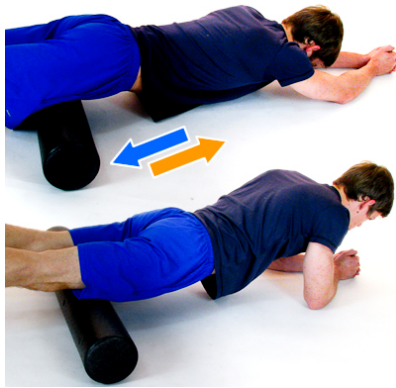


### FOAM ROLL - HIP ADDUCTORS

Lie face down with a foam roll diagonally under your affected inner thigh.

Use your arms to roll up and down your leg.

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day

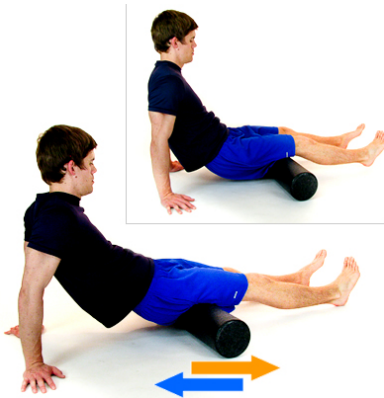


### FOAM ROLL - QUADRICEPS

Start by lying face down so that a foam roll is under the top of your thighs.

Next, using your arms propped on your elbows, roll forward and back across this area.

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day



### FOAM ROLL - HAMSTRING BILATERAL

Start by sitting on a foam roll under both your thighs.

Next, using your arms, roll forward and back across this area.

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day



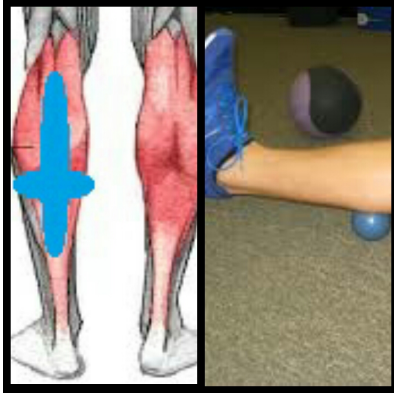
### FOAM ROLL - GLUTE - PIRIFORMIS

Start by sitting on a foam roll and cross your affected leg on top of your other knee as shown. Lean slightly towards your affected side.

Next, using your arms and unaffected leg, roll forward and back across your buttock area.

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 3 Times a Day





### Calf Rolling with Lacrosse Ball

Use the lacrosse ball to roll back and forth lengthwise between the split of the two lobes of your calf muscle.

Also roll across the width of the leg at the junction of the gastrocnemius and soleus muscles

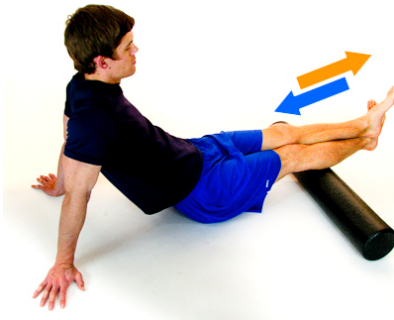
You can roll along either side of your achilles tendon as well.

Try to identify the areas that are most sensitive and work in those areas

**Repeat** 1 Time  
**Hold** 2 Minutes  
**Complete** 1 Set  
**Perform** 1 Times a Day

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### FOAM ROLL - CALVES BILATERAL



Start by sitting with the foam roll under your affected calf and cross your other leg on top.

Next, lift your body up with your arms and roll forward and back across your calf area.

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day

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### GLUTE STRETCH WITH MULTI-LOOP STRAP



Lie on your back and place a stretching strap behind your knee. Pull on the strap as you raise your knee for a stretch to your buttock muscles.

Video # VV2MKFWFH



**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day

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### Glute Stretch

Lying on your back, cross your right leg over the left so that your right ankle is resting on the top of your left knee. Thread the right arm between the legs and the left arm along the outside of the right knee and grab outside of the left knee and pull towards your body.

**Repeat** 3 Times  
**Hold** 15 Seconds  
**Complete** 3 Sets  
**Perform** 4 Times a Week



### HIP FLEXOR / QUAD STRETCH WITH STRAP - THOMAS STRETCH

Place a strap or belt around your foot as shown. Bring the other end of the belt around your shoulder. If using a belt, you may need to link 2 belts together for extra length.

While lying on a table or high bed, let the affected leg lower towards the floor. Next, gently pull on the strap to get your knee to bend until you feel a stretch on top of your thigh.

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day

Video # VVM7G8JJZ



### QUADRICEPS STRETCH - SIDELYING

Lie on your side with your target limb on top. Next, grab your target limb below the knee and pull your knee into a more bent position until a stretch is felt along the front of your thigh.

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### HAMSTRING STRETCH WITH MULTI-LOOP STRAP

Lie on your back and place a stretching strap on your foot. Pull on the strap to assist in raising your leg up for a stretch to the back of your leg.

Keep your target leg straight to slightly bent the entire time.

Video # VVUFDV4DR

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.

Video # VVGZ8RSZ

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



### BILATERAL CALF STRETCH WITH MULTI-LOOP STRAP

Sit on the floor and place a stretching strap around both your feet as shown. Then pull back on the strap for a stretch to your calf muscles.

Video # VVP4FQPY6

**Repeat** 1 Time  
**Hold** 1 Second  
**Complete** 1 Set  
**Perform** 1 Times a Day



