



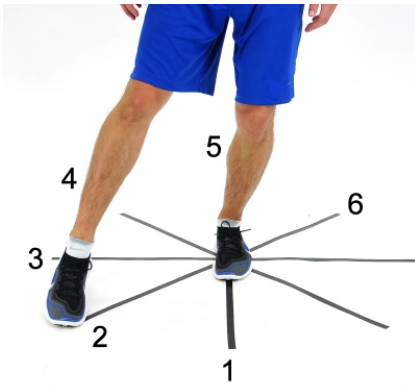
SINGLE LEG BALANCE

Stand on involved leg. To increase difficulty, balance on a pillow or thick piece of foam.

Complete 3 Sets

Hold 30 Seconds

Perform 3 Times a Day



SINGLE LEG STANCE - CLOCKS

Start by standing on one leg and maintain your balance. Image a clock on the floor where your stance leg is in the center.

Then, lightly touch position 1 as illustrated with your non-stance foot. Then return that leg to the starting position.

Next, touch position 2 and return. Continue this all the way to position 6.

Maintain a slightly bent knee on the stance side. Video # [VVSAM8NNY](#)

Repeat 4 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Times a Day



SINGLE LEG DEADLIFT

Stand and balance on one leg.

Next, lean forward towards touching the floor as you extend and lift your leg behind your body. Keep your spine straight and hinge at the hip.

Return to starting original position and repeat. Video # [VVNNXYN8Y](#)

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 1 Times a Day



STEP UP

Start by standing in front of a step/step stool with both feet on the floor. Step forward up the step with one leg and then the other leg. Return to starting position taking a step back towards the floor leading with the same leg.

Repeat 10 Times

Complete 3 Sets

Perform 1 Times a Day



STEP UP LATERAL

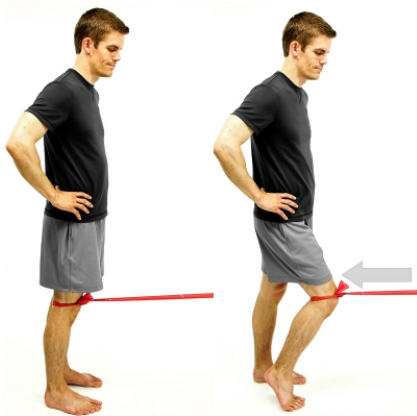
While standing next to a box or raised surface, step up and to the side on to the surface. Both feet should touch the raised surface. Then step down and onto the floor towards the same side that you started from. Video # VVAWKDKCN

Repeat 10 Times

Complete 3 Sets

Hold 1 Second

Perform 1 Times a Day



TERMINAL KNEE EXTENSION - TKE

Start in a standing position with an elastic band attached above your knee and the other end tied with a knot and fixated behind a closed door or other anchor. The target knee should be partially bent with your toes touching the ground.

Next, move your knee back towards a straightened position so that your heel touches the floor and you pull against the band. Video # VVQECT7TF

Repeat 10 Times

Complete 3 Sets

Hold 1 Second

Perform 1 Times a Day



MONSTER WALK - ELASTIC BAND AT ANKLES

Place a looped elastic band around both ankles.

Next, bend your knees and step forward while keeping tension on the band the entire time. After taking several steps forward, reverse the direction taking steps back until you return to the starting position. Repeat. Video # VVUDA3SU5

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



Bridge with External Rotation

Lie on back with both knees bent and feet on the ground. Place band around both knees. Lift hips into the air forming a straight line with your body from your knees to your shoulders. Bring knees out to the side and then slowly bring the knees back in. Only lower hips from the bridge between each set.

Repeat 10 Times
Complete 3 Sets

Perform 1 Times a Day



FORWARD LUNGE WITH DUMBBELLS

Start by standing with feet shoulder-width-apart. Next, take a step forward and slightly to the side and allow your front knee to bend into a lunge position. Your back knee may bend as well. Then, push off the front knee and return to starting position. Then perform on the same leg again.

Keep your pelvis level and straight the entire time.

Your front knee should bend in line with the 2nd toe and not pass the front of the foot. The dumbbells should surround the forward knee. Video # VV9EMXSE5

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



ELASTIC BAND - HIP FLEXION

While standing with an elastic band attached to your ankle, draw your leg forward in front of your body.

Keep your knee straight the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



ELASTIC BAND HIP ABDUCTION

While standing with an elastic band attached to your leg, pull an elastic band out to the side.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



ELASTIC BAND - HIP EXTENSION

While standing with an elastic band attached to your ankle, draw your leg back behind you.

Keep your knee straight the entire time.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

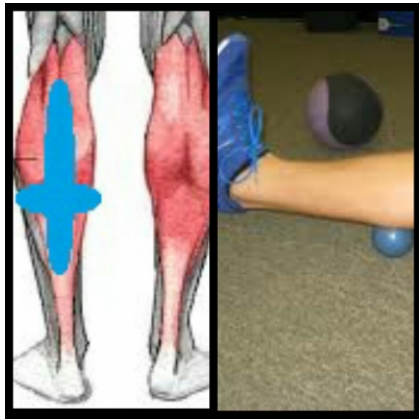


ELASTIC BAND HIP ADDUCTION

Start by standing with your target leg out to the side, as shown, with an elastic band attached. Next, slowly draw your leg inward towards the other side.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 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 achillies tendon as well.

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

Repeat 1 Time
Complete 1 Set

Hold 2 Minutes
Perform 2 Times a Day



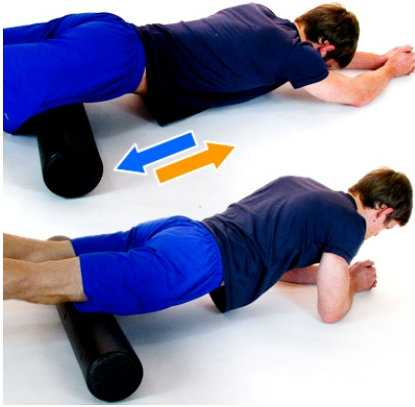
FOAM ROLL - HAMSTRING BILATERAL

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
Complete 1 Set

Hold 5 Minutes
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
Complete 1 Set

Hold 5 Minutes
Perform 3 Times a Day



CALF STRETCH WITH TOWEL - GASTROCNEMIUS

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.
Video # VVGU5LGMB

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 3 Times a Day



HAMSTRING STRETCH - SITTING

While sitting with your leg stretched out, reach forward with your hands towards touching your toes. Video # VV6U8J6UF

Repeat 1 Time
Complete 2 Sets

Hold 30 Seconds
Perform 3 Times a Day

GLUTE STRETCH



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 30 Seconds

Complete 2 Sets

Perform 3 Times a Day



Kneeling quad stretch with lateral bending

Assume a kneeling quad stretch and sink hips into floor and drive your downed knee into ground. Then bend over to your side (see picture).

Complete 2 Sets

Hold 30 Seconds

Perform 3 Times a Day



Hip Flexor + Quad Stretch

Starting in a half kneel position, grab your foot. As you lean forward, bring your foot towards your butt.

Complete 2 Sets

Hold 30 Seconds

Perform 3 Times a Day



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
Complete 2 Sets

Hold 30 Seconds
Perform 3 Times a Day