

1



QUAD SET - TOWEL UNDER KNEE

Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table.

Repeat 10 Times
Hold 10 Seconds
Complete 2 Sets
Perform 1 Times a Day

5



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day
Video # VVTJZ7GYR

2



STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day
Video # VVBVU5P69

6



WALL SIT or Squats

SQUATS:
Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position.

Repeat 1 Time
Hold 30 Seconds
Complete 2 Sets
Perform 1 Times a Day
Video # VVFP6PWHG

A door was used here because it was smoother and had less friction than the wall.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

SITS:
Leaning up against a wall or closed door on your back, slide your body downward and then hold it in this position (30, 45, or 60 seconds) prior to returning to start position

3



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day
Video # VV4R4FB65

The bottom leg can be bent to stabilize your body.

4



SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day
Video # VVZLS2CSB

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