

Total 9

COMMENTS

Perform 3-4x/week

Ice cup: 10 min; following heavy activity Start to add running: start 3x/week; <2 mi

Progressively add milage; keep 1 day rest between 2-3 weeks

Stretch: glute (figure four stretch/hug knee to chest)

Foam roll!!



SINGLE LEG STANCE - REACH TWIST SLS

Attempt with eyes closed, no shoe, unstable surface (carpet, folded pillow, rolled towel, etc)

Reach in MULTIPLE directions

Repeat 10 Times
Complete 3 Sets

Perform 1 Time(s) a Day

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CONE TAPS - SINGLE LEG STANCE

Place 5 cones or cups around you as shown. Balance on a slightly bent knee. Holding a ball, lower yourself down to tap the top of a cone with the ball. Return to original position and repeat touching a different cone. Keep both hands on the ball the entire time.

Advance exercise with smaller cones/cups and or faster speed.

Complete 2 Sets

Perform 1 Time(s) a Day

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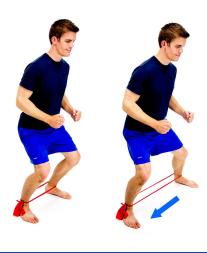
Bridge with ball

Lie on the floor with feet hip distance apart, place a pilates ball between thighs. Keep hands on the floor, relax your upper back and neck. Simply lift your hips off the floor as you engage your glutes and abdominals. Inhale to prepare, and exhale to lift. Inhale

Repeat 3 Times
Hold 30 Seconds

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hold at the top of the movement and squeeze the ball enough to feel hip adductors working. Exhale to lower your hips down slowly.



ELASTIC BAND LATERAL WALKS

With an elastic band around both ankles, walk to the side while keeping your feet spread apart. Keep your knees bent the entire time.

Band around our feet!

20 steps down and back x2

Repeat 1 Time Hold 1 Second Complete 1 Set

Perform 1 Time(s) a Day

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Eccentric single leg squat on decline

While standing on a slant board do a single leg squat. At the end of the squat put both legs on the board and return to standing position.

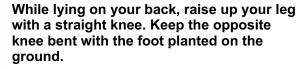
2 legged squat to start Progress to single leg squat

Repeat 10 Times

Perform 1 Time(s) a Day

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Repeat 20 Times 1 Second Hold Complete 2 Sets

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Perform 1 Time(s) a Day



FIRE HYDRANT - QUADRUPED HIP **ABDUCTION**

Start in a crawl position and raise your leg out to the side as shown. Maintain a straight upper and mid back.

45 Times Repeat 1 Second Hold 3 Sets

Complete

Perform 1 Time(s) a Day









PLANK - ALTERNATE LEG

While lying face down, lift your body up on your elbows and toes. Next, lift one leg off the ground and then set it back down. Then repeat on the other leg.

Try and maintain a straight spine the entire time. Do not allow your low back sag downward.

2x10 lifts each leg

Repeat 1 Time
Hold 1 Second
Complete 1 Set

Perform 1 Time(s) a Day

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STANDING ILIOTIBIAL BAND STRETCH WITH TRUNK SIDE BEND - ITB

In a standing position, cross the affected leg behind your unaffected leg.

Next, with your arm over head, lean to the side towards the unaffected leg.

Repeat 3 Times
Hold 30 Seconds

Complete 1 Set

Perform 1 Time(s) a Day

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