

**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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### 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 **20 Times**  
Hold **1 Second**  
Complete **2 Sets**  
Perform **1 Time(s) a Day**

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### 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.

Repeat **45 Times**  
Hold **1 Second**  
Complete **3 Sets**  
Perform **1 Time(s) a Day**



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### 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.

Repeat **1 Time**

Hold **1 Second**


Complete **1 Set**

Perform **1 Time(s) a Day**



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

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2x10 lifts each leg



### STANDING ILIOTIBIAL BAND STRETCH WITH TRUNK SIDE BEND - ITB

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

Repeat **3 Times**

Hold **30 Seconds**

Complete **1 Set**

Perform **1 Time(s) a Day**

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

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