

COMMENTS

Perform 3-4x/week
Ice cup: 10 min; following heavy activity
No running 1-2 weeks; bike ok to try end of this week
Try tape (McConnell Taping)
Stretch: glute (figure four stretch/hug knee to chest)
Foam roll!!!

PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.



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

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**SINGLE LEG STANCE - REACH TWIST SLS**

Stand on one leg and maintain your balance.

Next, reach forward and across your body with your opposite arm as far as you can without losing your balance.

Then return to original position.

Maintain a slightly bent knee on the stance side.

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

Complete **2 Sets**
Perform **1 Time(s) a Day**

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the entire time.

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



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

Repeat **3 Times**
Hold **30 Seconds**

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

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ELASTIC BAND - HIP EXTERNAL ROTATION

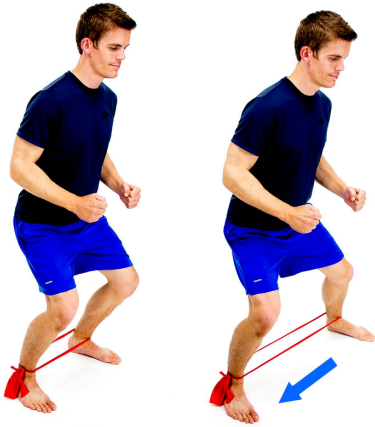
Start with an elastic band attached at your ankle from the side.

Next, pull towards your other leg while keeping your thigh from moving across the table.

Repeat **10 Times**
Hold **2 Seconds**
Complete **2 Sets**
Perform **1 Time(s) a Day**

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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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LATERAL STEP-UPS

Stand on stool or step with involved leg. Lower the uninvolved leg until the heel touches the floor, then press back up using the muscles in the involved leg only. Repeat.

Repeat **10 Times**
Complete **2 Sets**

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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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