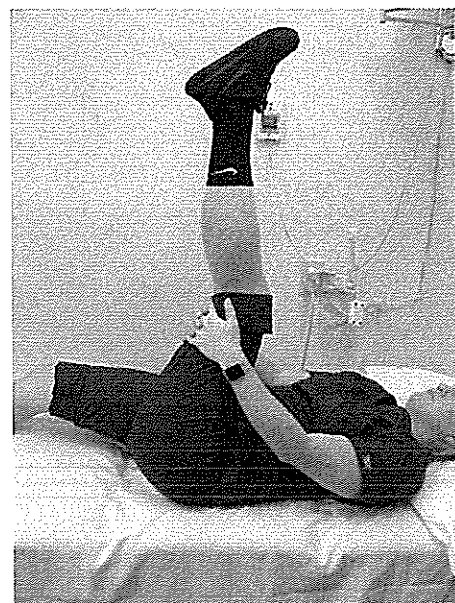
**Sideways Walking (With Resistance):**

In athletic stance, slight bend of knees and hips. Take a small step to the side, away from your body. Step with the trail leg until shoulder width apart. Make sure hips are level and driving your weight through your heels. Place band around ankles to add resistance.

**Backwards Walking (With Resistance):**

In athletic stance, slight bend of knees and hips. Take a step back and away from body, then step with opposite leg in and back. Make sure hips are level and driving your weight through your heels. Place a band around ankles to add resistance.

**Hamstring Stretch:**

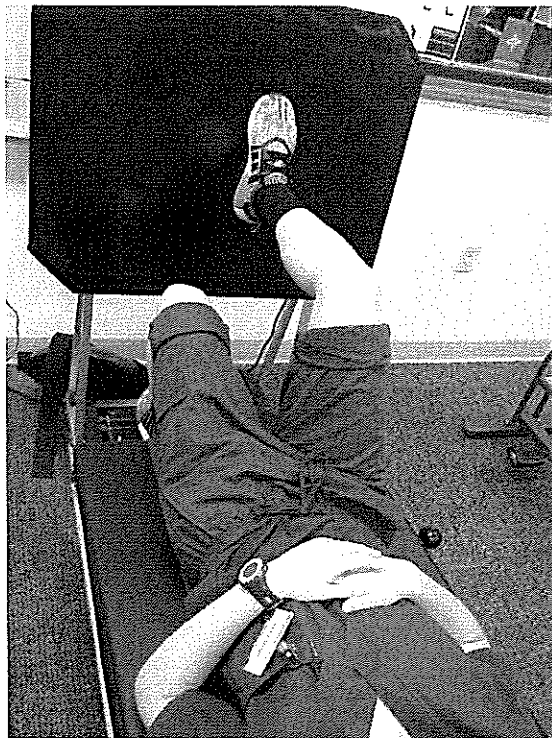
Lay on your back with hands around the back of the thigh in the position shown in the picture. Slowly straighten your knee until you feel a stretch in the back of the thigh. Avoid stretching to the point of pain.

Repeat with other leg.

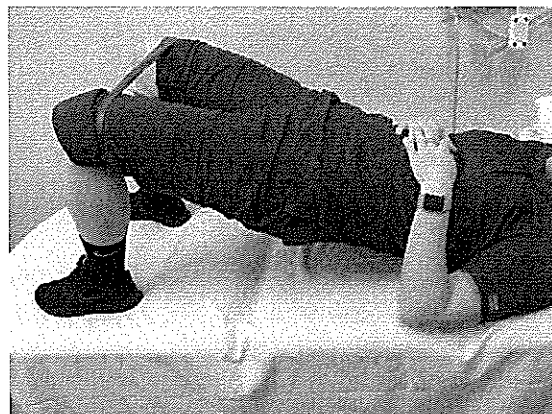
**Adductor Stretch:**

Standing, with feet spread approximately two shoulder widths apart, lean away from the leg on stool to stretch thigh.

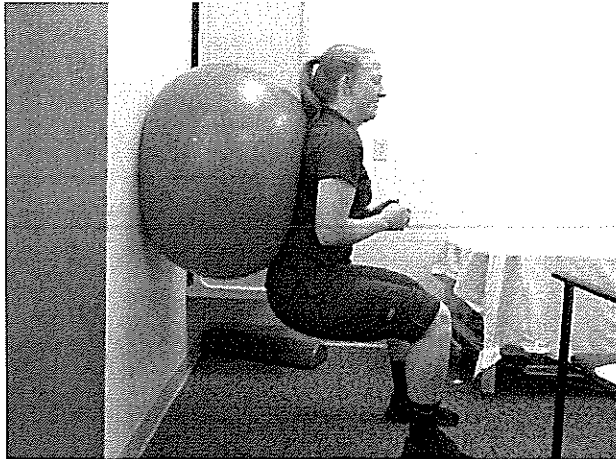
Turn toes outward on lifted leg.  
Perform with both feet on floor.

**Single Leg Press:**

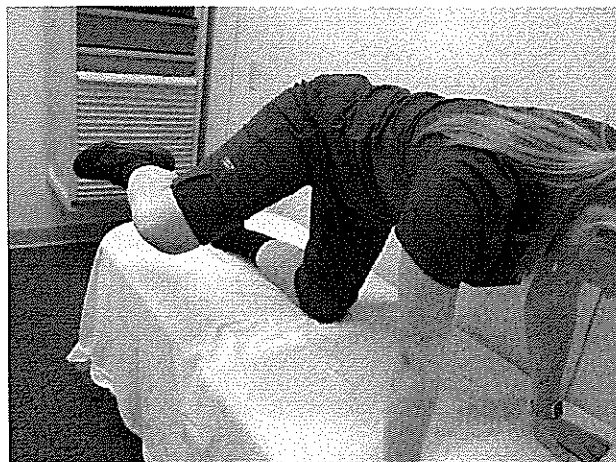
**Action:** Start with your involved knee bent less than 90 degrees. Straighten your knee against resistance slowly, keeping your knee stable and in-line with your little toes. Return slowly.

**Bridging (With Resistance):**

Place hands over lower abdominal area. Tighten lower abdominals as if pulling your navel to your spine and squeeze buttocks then lift hips up. Place band around knees. Make sure to push weight into heels. Perform 10 reps.

**Ball Wall Squats:**

Stand with swiss ball behind you against a smooth wall or door with your feet 1-2 feet away from the door. Your feet and knees should be shoulder width apart. Slide down by bending at the knees and hips. Do not allow your knees to pass in front of the toes. Return to start. Progress by adding band around knees.

**Fire Hydrant:**

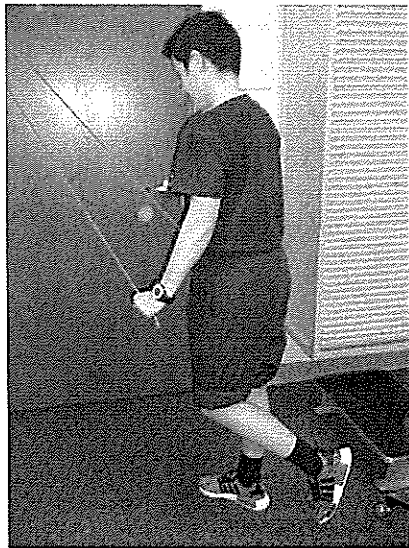
Start on hands and knees. With one leg, slowly raise it to the side and back, keeping knee at 90 degrees. Slowly lower back down to starting position.

**Bridges with Swiss Ball:**

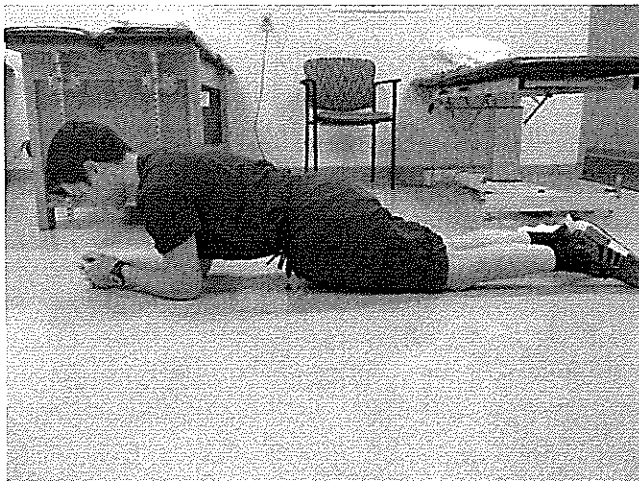
With lower legs on swiss ball and shoulders on the ground, tight your core and use your gluts to raise hips off the ground.

**Towel Slides:**

Begin with standing on one leg with other foot standing on towel. Perform single leg squat while moving the foot on a towel out to 3 o'clock, 4 o'clock, and then 6 o'clock motion. Return to starting position between each squat.

**Single Leg Straight Arm Pull Downs:**

Stand on one leg while the other knee is bent so foot is not on the ground. Keep your arms straight while contracting your core and pulling down a Theraband from above.

**Modified Front Planks:**

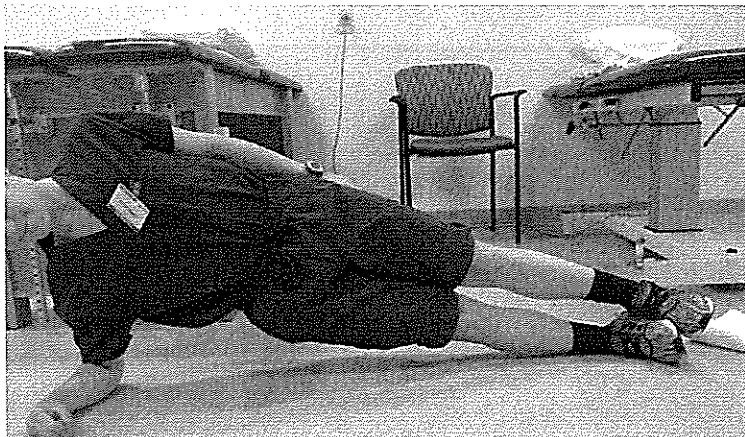
Supported on your knees, and elbows under your shoulders for support, contract your core to raise your hips off the ground, making sure your back is level. Make sure TFL does not fire.



**Prone Abdominal Plank:**

**Starting Position:** Lie face down on mat with elbows resting on floor next to chest. Push your body off the floor in a pushup position with body resting on your elbows.

**Action:** Contract the abs and keep the body in a straight line from head to toes. Make sure to keep pelvis neutral as instructed by your therapist.

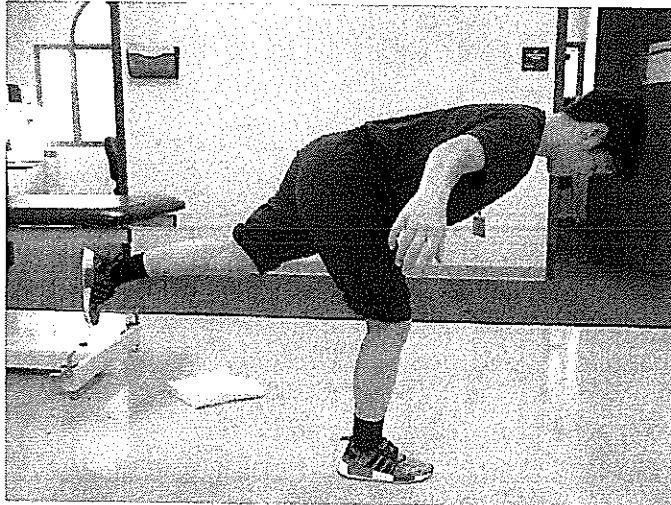


**Side Lying Abdominal Plank:**

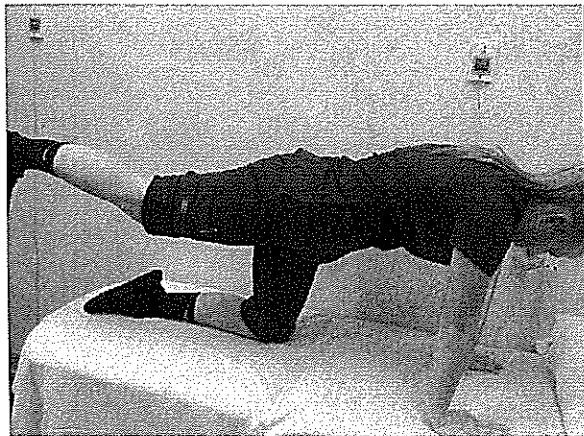
**Starting Position:** Start side lying on mat and push your body off the floor in the position shown above with body resting on one elbow.

**Action:** Contract the abs and keep the body in a straight line from head to toes. Make sure to keep pelvis and spine neutral as instructed by your therapist. Perform on both sides of your body.

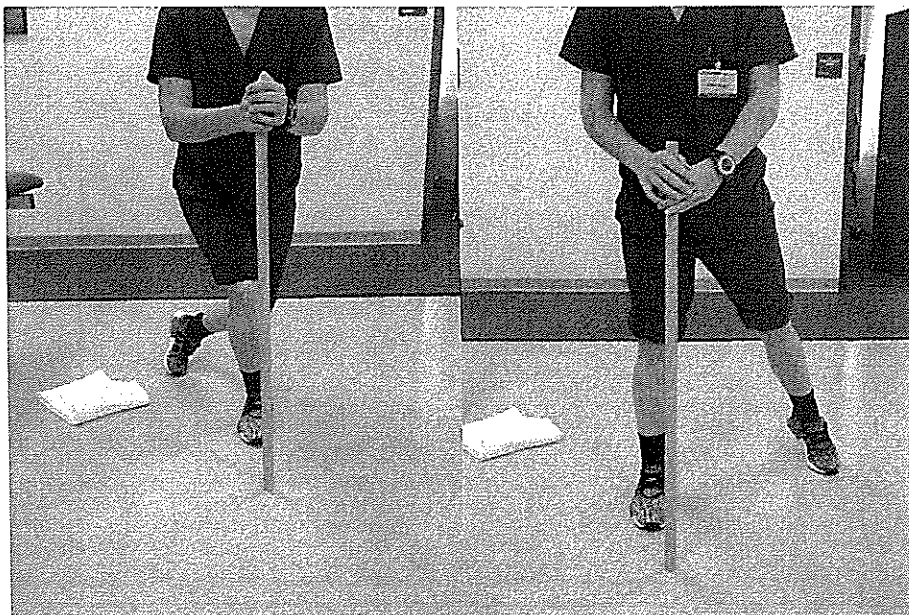


**Single Leg Dead Lift:**

Start by standing on single leg, with stance leg slightly bent at knee. Keep your back and kicking leg straight while keeping your glutes and core tight. Then bend forward on your stance leg hip making sure you feel your glutes and hamstrings working. Keep a straight line from your shoulder to your heel. Progress by adding a soft surface to stand on or increase weight to pick up.

**Quadruped Hip Extension:**

Begin on hands and knees with back level. Slowly raise one leg directly back concentrating on contracting core, bringing navel to spine, and gluts to raise leg.

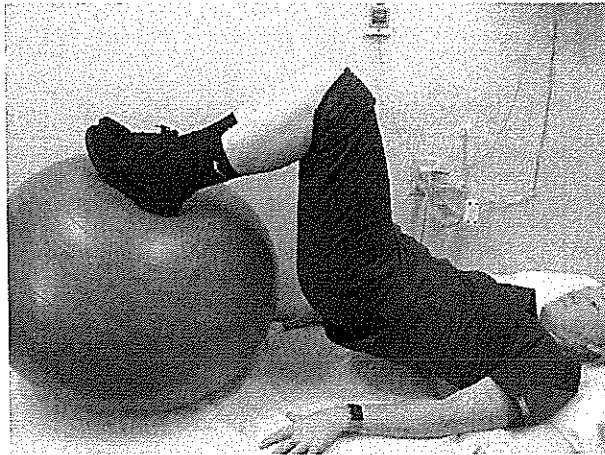
**Curtsy Lunge:**

Start with holding onto a stick for balance while standing on one leg. Bring opposite leg behind stance leg while performing a squat with stance leg. Come back to starting position and slowly move non-stance leg away from body.



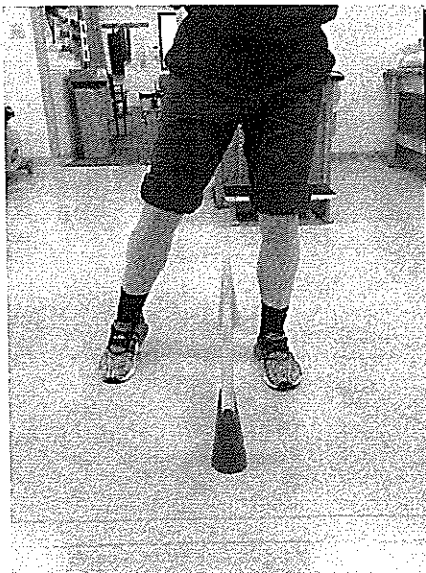
**Standing Heel Raise:**

Standing flat footed on both feet. Raise up slowly onto the “balls” of your feet. Return **slowly** to starting position. Perform 10 reps.



**Bridges with Hamstring curl with Swiss Ball:**

With lower legs on swiss ball and shoulders on the ground, tighten your core and use your glutes to raise your hips off the ground. Then perform a hamstring curl, bending at your knees.



**Single Leg Squat:**

Standing on one leg, slowly squat to 70 degrees of flexion in knee and hip. Make sure knee does not come in front of toes and knees do not move into valgus. Place a towel under the opposite foot, under the moving leg.