

Notes :

1 Knee flexion



Sets: 2 Reps: 10 each leg

Hold onto the back of a chair or table/countertop for balance.
Slowly bend your knee, bringing it towards your buttocks.
Do not arch the lower back or bring the knee forward as you lift the heel.
Make sure not to bend at the hip but only at the knee.

2 Standing hip extension



Sets: 2 Reps: 10 each leg

Start by standing up between the backrest of two chairs or beside a table/countertop to keep your balance.
Move your leg as far back as possible, without arching the lower back or bending forward.
Bring the leg to the starting position and repeat.

3 Standing hip abduction



Sets: 2 Reps: 10 each leg

Start by standing up between the backrest of two chairs or beside a table/countertop to keep your balance.
Lift your leg sideways as far up as possible without bending your upper body to the side.
Lower the leg and repeat.

4 Standing hip flexion



Sets: 2 Reps: 10 each leg

Start by standing up between the backrest of two chairs or beside a table/countertop to keep your balance.
Move your leg as far up as possible, bending your knee.
Make sure not to round your back.
Lower the leg and repeat.

5 Partial squat



Sets: 2 Reps: 10

Stand in front of a counter and hold onto the countertop.
While maintaining your back straight and your hips above the level of your knees, slowly lower your body into a semi-squat position without leaning forward and keeping your heels in contact with the ground at all times.

6 Forward step up with support



Sets: 2 Reps: 10 each leg

Stand facing a staircase.
Use the handrail for support with (1 or 2 hands).
Step up slowly, keeping your knee cap in line with your 2nd toe and your pelvis leveled. Focus on lifting yourself up through the heel of the leg located on the step, instead of pushing up with the leg located on the floor.
Step back down leading with the other leg. Focus the majority of your body weight into your heel.
Repeat starting with the same leg.

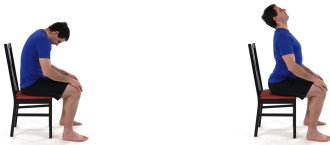
7 Lateral step up with support



Sets: 2 Reps: 10 each side

Stand perpendicular to a staircase.
Use the handrail for support with (1 or 2 hands).
Step up slowly, keeping your knee cap in line with your 2nd toe and your pelvis leveled. Focus on lifting yourself up through the heel of the leg located on the step, instead of pushing up with the leg located on the floor.
Step back down leading with the other leg. Focus the majority of your body weight into your heel.
Repeat starting with the same leg.

8 Seated cat and camel



Sets: 2 Reps: 10 Hold: 5 seconds

Sit up nice and tall in your chair with your back away from the backrest and place your hands on your knees.
Bring your chin down to your chest and slowly round out your back until you feel a gentle pull in your back.
Hold for 5 seconds, then slowly arch your back until you feel a gentle pull in your stomach or until you feel a slight tension in your lower back. Hold for 5 seconds.
Alternate between these 2 positions.

9 Seated hip adduction



Sets: 2 Reps: 10 Hold: 5 seconds

Sit on a chair and place a small ball or rolled towel between the thighs, just above the knees. Squeeze the towel/ball for 5 seconds time and relax.
Repeat.

10 Supine hip extension



Sets: 2 Reps: 10

Lying on your back with both knees bent. Rest your head on a pillow or rolled towel.
Lift your buttocks off the ground as high as possible, and come down slowly.

11 Strengthening SLR



Sets: 2 Reps: 10

Lie on your back with your uninvolved knee bent.
Tie a weight around the ankle of the affected leg.
Raise your leg to 45 degrees, keeping it straight.
Slowly lower your leg to the starting position and repeat.

12 Transversus recruitment



Sets: 3 Reps: 10 Hold: 5 seconds

Lay on your back on a firm, flat surface with your knees bent, feet flat and head supported on a pillow or rolled towel.
Place your hands just above your hip bones in front and slightly toward the centre of your belly on each side to monitor the contraction of the transversus abdominis muscle.
Gently pull your belly button toward your spine (abdominal bracing), you should feel a slow and deep tension under your fingers. If you do not feel anything, place one hand between your lower back and the ground. Now, push your lower back onto your hand without moving your upper back.
Hold the contraction for the recommended time.

13 Clamshell



Sets: 2 Reps: 10 each side

Lie on your side with both legs slightly bent. While keeping the feet together, lift the knee of the top leg up. Stop when you can no longer lift your leg without moving your pelvis.
Place your hand on the side of your hip to monitor if your pelvis is stable. Your pelvis should not move while your leg is moving.
Return to the initial position and repeat.

14 Lumbar rotation



Reps: 30 each side

Lie on your back with knees bent at 90 degrees and feet together. Rest your head on a pillow or rolled towel.
Keep your knees together and turn them to your right and to your left as far as you can without lifting your upper body/shoulders from the ground.

15 Lying butterfly stretch



Sets: 2 Duration: 30 seconds

Lie on your back with knees bent at 90 degrees and feet together. Rest your head on a pillow or rolled towel.
Keeping the feet together, slowly let the knees drop on each side until you feel the stretch in the groin area. Hold the position.

16 Knee to chest



Sets: 2 Duration: 30 seconds

Lie on your back and rest your head on a pillow or rolled towel. Pull one knee up to your chest with your hands. Pull from behind the knee. Return to the starting position. Repeat for the other leg

17 Piriformis stretch



Sets: 2 Duration: 30 seconds

Lie on your back with your knees bent and your feet on the floor. Rest your head on a pillow or rolled towel. Place the ankle of the leg to stretch on top of your other knee. Gently push on the knee until a stretch is felt in the hip or buttocks. Repeat for the other leg.

18 Stretching quadriceps



Sets: 2 Duration: 30 seconds

Lie on your side with bottom leg straight (ignore the bottom leg position in the picture). Reach back and grasp your ankle of your top leg and gently pull towards your buttocks. Move your knee back without arching your back until you feel a stretch in the front of your thigh. Keep your knee as low to the floor as possible and maintain the position. You can use a towel or belt around your ankle to pull it towards your buttocks if you cannot reach your ankle with your hands. Repeat for the other leg.

19 Lumbar extension



Sets: 2 Duration: 30 seconds

Lie on your stomach with your elbows on the floor and the chin tucked in or resting in your hands. Place a small pillow under your stomach for comfort. Relax both your back and buttock muscles and maintain the position. Your hips must be touching the floor.

20 Hips flexion/knees flexion



Sets: 2 Duration: 30 seconds

Kneel on all fours, having your hands and knees shoulder distance apart. Hips should be at 90 degrees and your lower back should be neutral with a slight curve. Slowly move your hips backward to get the buttocks to your heels, maintaining a straight back position. Hold the stretch position.

21 Seated hamstrings stretch



Sets: 2 Duration: 30 seconds

Sit on the edge of a sturdy chair with one leg straight out in front of you and the other knee bent.
Stick your hips back while keeping your back straight, as you bend forward to feel a stretch behind your straight leg.
Hold the position for 30 seconds.

22 Supine hip flexors stretch



Sets: 2 Duration: 30 seconds

Lie on the back at the end of the bed with one leg bent and the foot flat on the mattress, and the other leg stretched resting outside of the bed.
Keep your back flat against the mattress during the exercise.
Hold the position for 30 seconds.
Repeat with the other leg by switching positions.
To progress bend the knee that is being stretched.