

1. Core Strengthening

Option 1



Lie on your back with knees bent and feet flat. Maintain the small curve of your back and gently pull your belly button towards your spine. Hold for 3 to 5 seconds

Option 2



Same as above
As you pull belly button in, slide one heel out in front of you.
Return to starting position.

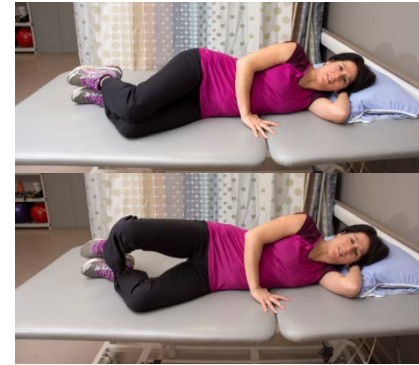
Option 3



Same as above.
Alternating arm and heel sliding.

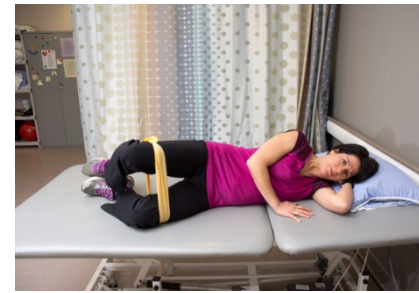
2. Clamshell Strengthening

Option 1



Lie on your side feet and knees together, knees bent.

Keep feet together and raise top leg towards ceiling.



Progression:
Use exercise band.

Option 2



Sit in a chair with feet and knees together. Keep feet together, spread knees apart from midline. Hold 3 seconds and return to start position.

Progression:
Use exercise band.

3. Hip Stretch

Option 1



Sit with ankles crossed.

Hold stretch 15 to 20 seconds.

Option 2



Cross right ankle over bent left knee.

Hold 15 to 20 seconds.

Option 3



Lie on back with knees bent and feet flat.

Cross right ankle over knee.



Progression: Thread arms behind bent left leg and raise legs towards chest.

4. “C” to “J” Stretch

Option 1



Sit with lower back into “C” position and then into “J” position.

Option 2



On all-fours, make a “C” and then a “J” position (camel – cow position).



Option 3



Lie on back.

Have hands behind legs and bring knee towards chest using both hands.

5. Knee Extension Strengthening

Option 1



Lie down with leg over roll.

Press the back of knee into roll and lift heel off the bed.

Hold 3 to 5 seconds.

Option 2



Sit and straighten bent leg.

Hold for 3 to 5 seconds.

Option 3



Lunges: Step forward and gently bend knee.

Make sure bent knee does not tip in towards midline.

Progression: Step up onto stool, make sure knee does not tip in towards midline.

6. Hamstring Contraction

Option 1



Sit and place right hand under bent right thigh.

Slightly straightened right leg out front with heel touching the floor.

Imagine pulling right heel towards your bottom.

Feel the hamstring contracting under your hand.

Option 2



Modified bridge: roll is under knee.



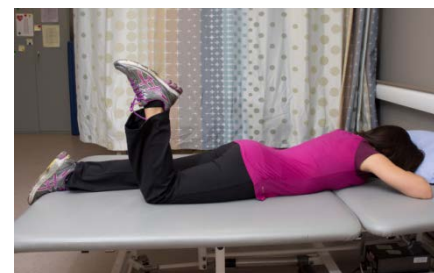
Press back of knees onto roll.

Lift bottom off of the bed but keep back of knees on the roll.

Progression:

Do bridge without the roll.

Option 3



Lie on your stomach.

Bend knee and bring foot towards bottom.

7. Squats



Option 1

Sit and lift bent knee towards ceiling.

Hold 3 to 5 seconds.



Option 2

Wall Squat: Stand with back against wall.

Legs shoulder width apart.

Squat only $\frac{1}{4}$ distance slowly.

Hold 3 to 5 seconds.



Option 3

Ball Squats: Place stability ball between your back and the wall.

Same as above.

8. Standing Hip Flexor Stretch

Option 1



Raise height of plinth, rest the left buttocks on the right corner of the plinth.

Step back with right leg, make sure that you don't twist.

Heel stretch at front right thigh (back leg).



Option 2

Stand holding sturdy object with one foot in front of the other.

Place more weight on back leg.

Back leg should feel the stretch at the front of that thigh.



Option 3

Holding onto sturdy object, stand on one leg.

Hold bent leg by the aid of a towel.

Progression: Hand holds ankle.

9. Hamstring Stretch



Option 1

Sit: 1 leg slightly bent out front.

Imagine head rising towards the ceiling.

Chest comes forward.

Feel stretch behind leg that is forward.



Option 2

Standing: Back leg bent.

Front leg slightly bent.

Imagine head rising towards the ceiling.

Chest comes forward.

Feel stretch behind forward leg.

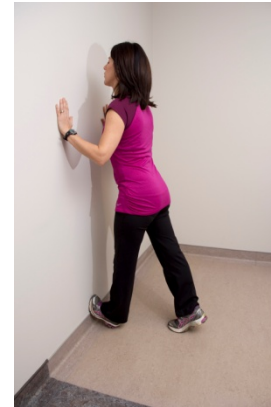


Option 3

Same as above but have foot on stool.

10. Calf Stretch

Options



Stand facing wall, have hands against wall.

One foot back with toes pointing straight ahead.

Bend front knee and lean forward.

Feel stretch back of calf.

Alternates: Toes up on wall or toes on a step.
For example: scale, edge of parallel bars).

