



ILIOTIBIAL BAND STRETCH WITH BELT - ITB

Loop a belt around your foot. While lying on your back and leg up in front of you and knee straight, bring your leg across midline for a gentle stretch felt along your outer thigh.

Repeat 1 Time
Complete 3 Sets

Hold 15 Seconds
Perform 2 Times a Day



QUAD STRETCH 2 - STANDING

While in a standing position, bend your knee back behind and hold the top of your foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Repeat 1 Time
Complete 3 Sets

Hold 15 Seconds
Perform 2 Times a Day



HAMSTRING AND SPINE STRETCH - LONG SIT

Start by sitting on the floor with your knees straight. Then, reach forward and try to grab your toes for a stretch to your hamstrings and back. If you cannot reach your toes, then grab your lower legs.

Hold, return to starting position and repeat.

Repeat 1 Time
Complete 3 Sets

Hold 15 Seconds
Perform 2 Times a Day



LONG ARC QUAD - LAQ - KNEE EXTENSION

Start in a seated position with your knee bent as shown, slowly straighten your knee as you raise your foot upwards as shown. Return to starting position and repeat.

Repeat 15 Times
Complete 3 Sets

Hold 2 Seconds
Perform 2 Times a Day



HEEL SLIDES - SUPINE

Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

Hold a gentle stretch in this position and then return to original position.



Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day



SEATED HEEL SLIDES

While in a seated position and foot forward and rested on the floor, slowly slide your foot closer towards you.

Hold a gentle stretch and then return foot forward to original position.

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day



STANDING MARCHING - HIP FLEXION

While standing next to a chair or countertop for support, march in place by lifting your knee up as you allow it to bend and then perform on the other side. Repeat this alternating movement.

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day



WALL SQUATS

While standing, lean your back against a door or wall with slick surface. Position your feet shoulder-width apart. Next, bend your knees as you slide your body downward and then return back to upright position. Repeat.

Knees should bend in line with your 2nd toe and not pass the front of your foot.

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day



ELASTIC BAND - KNEE EXTENSION

Attach one end of an elastic band to your ankle and anchored it behind you. Sit in a chair. Start with your heel on the ground and then straighten your knee to raise your foot upwards as shown. Attempt to fully straighten your knee against the resistance of the elastic band. Then, lower your foot as you bend your knee and touch the floor with your heel. Repeat.

Repeat 15 Times
Complete 3 Sets

Hold 2 Seconds
Perform 2 Times a Day



PRONE ELASTIC BAND HAMSTRING CURLS

Attach an elastic band around your foot and opposite ankle as shown. Next, while lying face down, slowly bend your target knee as you bring your foot towards your buttock.

Keep your other foot on the floor to fixate the band.

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Times a Day



HIP FLEXION - LOOPED ELASTIC BAND

Place a looped band around both feet at the mid-foot region. While standing, raise up one hip while allowing the knee to bend. Lower back down and repeat on the same leg.

Repeat 15 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Times a Day



ELASTIC BAND - SIDE LYING CLAM SHELL - CLAMSHELL

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement.

Repeat 15 Times

Hold 2 Seconds

Complete 3 Sets

Perform 2 Times a Day



EXERCISE BALL - WALL SQUATS WITH ELASTIC BAND ABDUCTION

Start by standing up and leaning your low back up against an exercise ball on a wall. Place an elastic band around your knees and then pull your knees apart so that your knee caps point forward.

Next, slowly bend your knees into a squat position until your thighs are parallel or near parallel to the floor. Be sure to maintain pressure against the elastic band and keep your knee caps pointed forward while bending.

Then, straighten your knees as you raise back up to starting position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 15 Times

Hold 1 Second

Complete 4 Sets

Perform 2 Times a Day



RESTORATOR BIKE

Place restorator on the ground in front of you. Ensure that you are maintaining upright posture.

Next, place your feet onto pedals securely and begin to pedal.

Duration 10 Minutes

Complete 1 Set

Perform 1 Time a Day