QUAD SETS - ISOMETRIC QUADS

Sit down and straighten your leg and knee. Tighten your top thigh muscle to press the back of your knee downward. Hold this and then relax and repeat. Video # VVAYA2UL8

Repeat 15 Times
Complete 3 Sets

Hold 2 Seconds

Perform 2 Times a Day

GLUTE SET - SUPINE



While lying on your back, squeeze your buttocks and hold. Repeat.

Repeat 15 Times

Hold 2 Seconds

Complete 3 Sets Perform 2 Times a Day

ABDOMINAL BRACING



While lying on your back, tighten your stomach muscles as if someone were to punch you. You want to tighten your muscles, but not to the point where you wouldn't be able to talk normally. Release and repeat.

Repeat 15 Times Complete 3 Sets Hold 5 Seconds

Perform 2 Times a Day





Being in supine, place a rolled towel under the heel. Press the towel down with keeping the knee relaxed.

Repeat 15 Times

Hold 2 Seconds

Complete 3 Sets

Perform 2 Times a Day

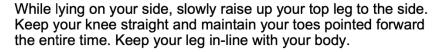


While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. Video # VVBVU5P69

Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day

HIP ABDUCTION - SIDELYING



The bottom leg can be bent to stabilize your body. Video # VV4R4FB65

Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day

HIP ADDUCTION - SIDELYING

While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

Your top leg should be bent at the knee and your foot planted on the ground supporting your body. Video # VV2ZBYYNW

Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time. Video # VVYXQ3QHJ

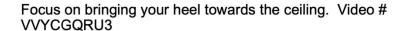


Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day



While lying face down with your knee bent, slowly raise up your knee off the ground. \Box



Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day



While lying face down, slowly bend your knee as you bring your foot towards your buttock. Video # VV62KZXT6

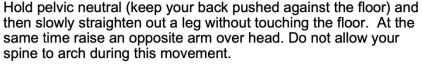


Complete 3 Sets Perform 1 Times a Day



DEAD BUG

While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position. Do not allow your spine to move.



Retrun to starting position and then repeat on the opposite side. Video # VVD3S264Y

Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day





Long arch quads

Seated on chair or bed, with upright posture.

Squeeze through thigh and extend knee straightening leg. Hold for 1 second and then slowly lower leg back to starting position.

keep thigh rotated slightly out throughout exercise. Repeat all repetitions on one leg and then repeat on other leg.

To add difficulty use a cuff weight around ankle or wear a heavy shoe.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets Perform 1 Times a Day

Mini squats Glute bridges