

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
Complete 3 Sets

Hold 2 Seconds
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

Hamstring Set

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



Repeat 15 Times
Complete 3 Sets

Hold 2 Seconds
Perform 2 Times a Day



STRAIGHT LEG RAISE - SLR

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
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

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

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
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
Complete 3 Sets

Hold 1 Second
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
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

PRONE HIP EXTENSION - BENT

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



Focus on bringing your heel towards the ceiling. Video # VVYCGQRU3

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

PRONE HAMSTRING CURLS

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



Repeat 10 Times
Complete 3 Sets

Hold 1 Second
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.



Hold pelvic neutral (keep your back pushed against the floor) and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.



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

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
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

Complete 3 Sets

Hold 1 Second

Perform 1 Times a Day

Mini squats
Glute bridges