

Home Exercise Program

Total 8



QUAD SET - TOWEL UNDER KNEE - ISOMETRIC QUADS

Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Video # VVQ28PB2N

Repeat	10 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Times a Day



GLUTEAL SET - SUPINE

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

Repeat	10 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Times a Day



ELASTIC BAND - SUPINE HIP ABDUCTION

While lying on your back, slowly bring your leg out to the side. Keep your knee straight the entire time.

Video # VVVW9DCCW

Repeat	10 Times
Hold	10 Seconds
Complete	1 Set
Perform	1 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.

Video # VVY7CTXMD

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 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
Hold 10 Seconds
Complete 1 Set
Perform 1 Times a Day



Bridging

Laying on your back with knees bent and feet flat on the ground. Roll up into a bridge, buttock first as pictured. Then slowly lower back down, one vertebrae at a time, buttock hits the ground last.

Repeat 10 Times
Hold 15 Seconds
Complete 1 Set
Perform 1 Times a Day



HIP INTERNAL AND EXTERNAL ROTATION - SUPINE

While lying on your back with your knees straight, roll your hip in and outward so that your toes point to the right and then left.

Be sure that your knee cap faces right and then left as well.

Video # VV8Z9GH4E

Repeat 10 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day



ANKLE PUMPS - AP

Bend your foot up and down at your ankle joint as shown.

Video # VVCN9JKTM

Repeat	1 Time
Hold	10 Seconds
Complete	10 Sets
Perform	1 Times a Day