



### QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot with the same side hand (ie. to stretch your left quad, grab with your left hand).

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh. Video # VVP237T48

Repeat 3 Times

Hold 20 Seconds

Complete 1 Set



### HAMSTRING STRETCH WITH TOWEL

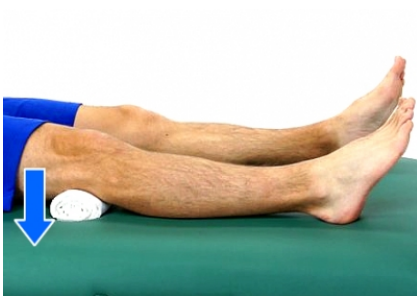
While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch. Video # VVQGB3WMY

Repeat 3 Times

Hold 20 Seconds

Complete 1 Set



### 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 5 Seconds

Complete 1 Set



### Straight leg raise- Flexion

Laying on your back with affected leg straight and opposite leg bent to support the back with foot in contact with the mat/bed. Tighten the muscles on the top of the leg, and raise the affected leg keeping it straight with toe pointing towards you.

Repeat 12 Times

Hold 1 Second

Complete 3 Sets



### 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. Do not roll your hips to the front or back while performing this exercise.

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

Repeat 12 Times

Hold 1 Second

Complete 3 Sets



### 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 12 Times

Hold 1 Second

Complete 3 Sets



## BRIDGE - BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your glutes and then raise off the floor/bed, creating a "Bridge" with your body. Hold and then lower yourself and repeat. Video # VVTJZ7GYR



Repeat 12 Times

Hold 1 Second

Complete 3 Sets

