

1

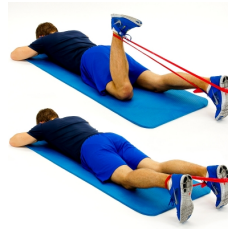


ELASTIC BAND - STRAIGHT LEG RAISE - SLR

While lying on your back with an elastic band looped around your ankles, lift the target leg upwards.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

5



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 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

2



ELASTIC BAND - SIDELYING ABDUCTION

While lying on your side with an elastic band looped around your ankles, lift the top leg upwards.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

6

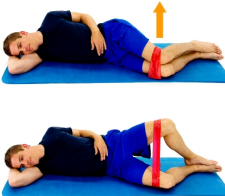


HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt behind the knee. Keep your knee in a straightened position during the stretch.

Repeat 3 Times
 Hold 15 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

3



ELASTIC BAND - SIDELYING CLAM-

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee 6 inches while keeping contact of your feet together as shown.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

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

7



Active Hip Adduction with Strap

1. Start supine with one leg bent.
2. Move wrapped leg inward, without using the strap, until a slight stretch is felt. Pelvis will come off the ground.
3. Pull with strap for a deeper stretch.

Repeat 3 Times
 Hold 15 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

4



ELASTIC BAND - PRONE EXTENSION

While lying on your stomach with an elastic band looped around your ankles, lift the target leg upwards.

Repeat 10 Times
 Hold 5 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

8



Active Assisted Hip Abduction with Strap

1. Start supine with one leg bent.
2. Move wrapped leg outward, like a windshield wiper (move entire hip) without using the strap, until a slight stretch is felt.
3. Pull with strap for a deeper stretch

Repeat 3 Times
 Hold 15 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day