

1

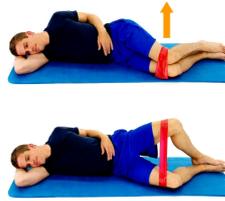


ELASTIC BAND - HIP FLEXION

While standing with an elastic band attached to your ankle, draw your leg forward in front of your body. Keep your knee straight the entire time.

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

5



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 while keeping contact of your feet together as shown. Do not let your pelvis roll back during the lifting movement.

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

2



ELASTIC BAND HIP ABDUCTION

While standing with an elastic band attached to your leg, pull an elastic band out to the side.

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

6



STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step. Slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine.

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

3



ELASTIC BAND - HIP EXTENSION

While standing with an elastic band attached to your ankle, draw your leg back behind you. Keep your knee straight the entire time.

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

7



STANDING ILIOTIBIAL BAND STRETCH SUPPORTED

In a standing position, cross the affected leg behind your unaffected leg, lean towards the unaffected side while using your arm for balance support.

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

4



ELASTIC BAND HIP ADDUCTION

Start by standing with your target leg out to the side, as shown, with an elastic band attached. Next, slowly draw your leg inward towards the other side.

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

8



HIP ADDUCTOR STRECH - STANDING

Start in a standing position and feet spread wide apart. Slowly bend your knee to allow for a gentle stretch of the opposite leg. Maintain a straight knee on the target leg the entire time. You should feel a stretch on the inner thigh.

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