

Calf Stretch Long-Sitting

Sets: 4-5 | Reps: 20-30

Preparation:

- Sit with your legs out in front
- Loop a belt or towel around the underside of your foot as shown

Execution:

- Pull on the belt, lifting your heel slightly off the ground and drawing your toes towards your nose



Loop belt around foot



Pull on belt, bending ankle - do not bend knee

Hamstrings Stretch

Sets: 4-5 | Hold: 20-30

Preparation:

- Sit on the floor, one leg out front, other leg bent with foot tucked into upper thigh

Execution:

- Reach gently over front leg to feel a stretch in the back of your thigh



Lean forward from the hips, keeping lower back flat

Strength

Knee Extension Isometric

Sets: 3 | Reps: 10 | Hold: 5-10

Preparation:

- Lie flat on your back

Execution:

- Tighten the muscles on the top of your thigh by pushing the back of your knee into the floor and lifting your heel off the ground
- Relax



Push Back of Knee to Ground, Lift Heel

Knee Extension Concentric - End Range (Roll or Towel)

Sets: 3 | Reps: 10 | Hold: 5-10

Preparation:

- Place a pillow or bolster underneath your knee as shown
- Lie flat on your back

Execution:

- Straighten your knee as much as you can
- Relax your knee back down to the start position



Start Position



Straighten Knee

Straight Leg Raise Supine - Outer Range

Sets: 3 | Reps: 10 | Hold: 5-10

Preparation:

- Lie flat on your back

Execution:

- Keeping your knee straight, lift your foot about 10 inches off the ground
- Gently lower your foot back to the ground



Start position



Lift leg, knee straight

Knee Extension Concentric - End Range (Band+Chair)

Sets: 2 | Reps: 10 | Hold: 5-10

Preparation:

- Loop band behind your knee slightly above the knee joint as shown
- Attach band to chair or door
- Stand with good posture, knee slightly bent

Execution:

- Straighten your knee as much as you can, pushing your bodyweight through your leg
- Relax your knee, returning to the start position



Knee slightly bent



Straighten knee

Single-Leg Deadlift - Early Range (Dumbbell or band)

Sets: 2 | Reps: 10 | Hold: 3-5

Preparation:

- Stand on one leg, holding weight in hand

Execution:

- Bend forward slightly at the hip on one leg
- Rise up from the hips



Bend slightly at hips

Wall Squat + Adductor Contraction (Ball)

Hold: 20-30 seconds | Intensity: work to 5 min. total

Preparation:

- Stand with back against wall, feet away from wall
- Ball between knees

Execution:

- Perform a squatting motion, sliding down the wall
- Squeeze ball gently between your knees
- Rise up, straightening at the hip



Back against wall, ball between knees



Squat, while squeezing ball between knees

Hip Flexion Concentric - Straight Leg (Band)

Sets: 2 | Reps: 10 | Hold: 3-5

Preparation:

- Stand with good posture, feet shoulder width apart
- Attach band as shown

Execution:

- Reach your leg forward keeping your knee straight
- Return to start position



Start position



Raise leg forward, knee straight

Hip Extension Concentric Standing (Band)

Sets: 2 | Reps: 10 | Hold: 3-5

Preparation:

- Stand with good posture, feet shoulder width apart.
- Attach a resistive band or pulley to back of one ankle.
- Hold onto a counter or object for support.
- Engage your core muscles.

Execution:

- Using your buttock muscles, lift one straight leg behind you as if stepping back.
- Return to the starting position.
- DO NOT lean or bend your trunk.
- Keep your toes pointed forwards.

Progression:

- Stand without support.



Start position



Using buttocks, lift leg behind

Hip Abduction Concentric Standing (Band)

Sets: 2 | Reps: 10 | Hold: 3-5

Preparation:

- Stand with good posture, feet shoulder width apart.
- Hold onto a support for balance if needed.
- Attach a pulley or resistive band to your leg as shown.

Execution:

- Gently tighten your core muscles.
- Lift your leg out to the side against the resistance using your buttock muscles.
- Stop if your trunk starts to lean or bend.
- Return to the starting position.

Progression:

- Stand without support.



Hold support if needed



Lift leg to side

Hip Adduction Concentric Standing (Band)

Sets: 2 | Reps: 10 | Hold: 3-5

Preparation:

- Hold onto a counter or object for support.
- Attach a resistive band or pulley to your ankle.

Execution:

- Lift your leg across your body against resistance with your knee straight.
- Return leg to the starting position.



Stand with good posture, feet shoulder width apart.



Pull leg across body, DO NOT lean or bend your trunk.