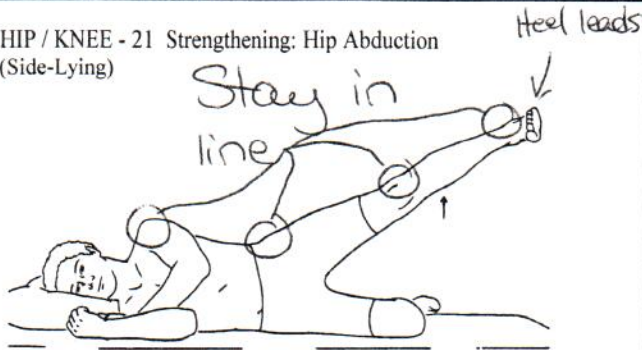


work 2-3 per session
4 sessions per week

Sports Medicine

HIP / KNEE - 21 Strengthening: Hip Abduction
(Side-Lying)



Tighten muscles on front of left thigh, then lift leg 18 inches from surface, keeping knee locked.
Repeat 12 times per set. Do 3 sets per session.
Do 1 sessions per day.

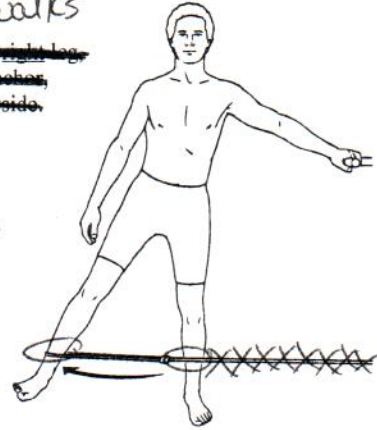
HIP / KNEE - 27 ~~Strengthening: Hip Abduction - Resisted~~

Lateral band walks

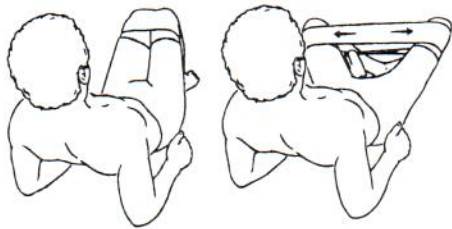
~~With tubing around right leg, other side toward anchor, extend leg out from side.~~

30 ft

Repeat 4 times per set.
Do 3 sets per session.
Do 1 sessions per day.



HIP / KNEE - 54 Strengthening: Hip Abductor - Resisted



With band looped around both legs above knees, push thighs apart.
Repeat 12 times per set. Do 3 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 9 Bridging

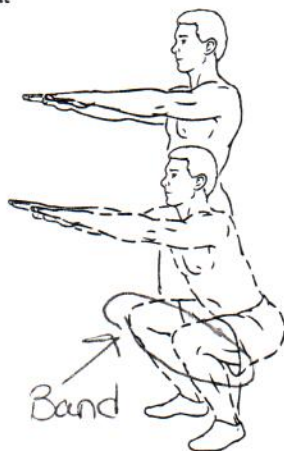
Can do single leg if too



Slowly raise buttocks from floor, keeping stomach tight.
Repeat 10 times per set. Do 3 sets per session.
Do 1 sessions per day.

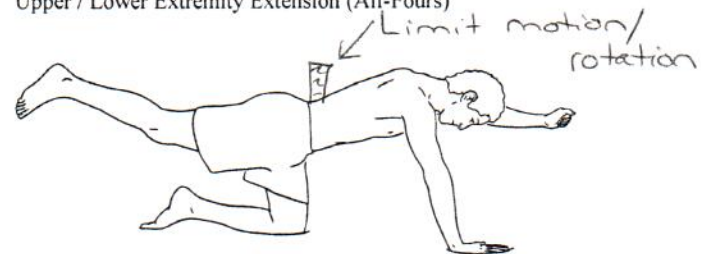
HIP / KNEE - 79 Deep Squat

Stand with feet shoulder width apart and squat deeply, head and chest up.



Repeat 12 times per set.
Do 3 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 20
Upper / Lower Extremity Extension (All-Fours)



Tighten stomach and raise right leg and opposite arm. Keep trunk rigid.
Repeat 20 times per set. Do 2 sets per session.
Do 1 sessions per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your therapist before continuing with this routine.