

Knee/Hip Basic Strengthening Home Exercise Program

BRIDGE - BRIDGING



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

Repeat 10 Times
Complete 3 Sets

Hold 5 Seconds
Perform 3 Times a Week



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.



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

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week



SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement. Video # VVZLS2CSB

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time. Video # VVYXQ3QHJ



Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week

STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. Video # VVBVU5P69



Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week



WALL SQUATS

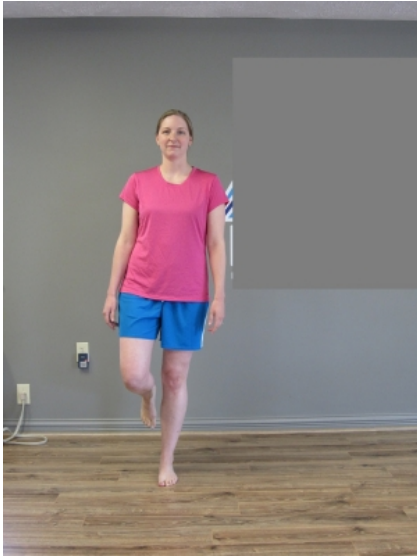
Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position.

A door was used here because it was smoother and had less friction than the wall.

Knees should bend in line with the 2nd toe and not pass the front of the foot. Video # VVFP6PWHG

Repeat 1 Time
Complete 2 Sets

Hold 5 Seconds
Perform 3 Times a Week



Single Leg Balance

Single Leg Balance

Pick up one of your feet behind you so that you are standing on one leg. Stand up tall and look straight ahead. Repeat on other leg.

Do this in front of a counter for safety.

Repeat 5 Times

Hold 30 Seconds

Complete 1 Set

Perform 3 Times a Week



HAMSTRING STRETCH - SITTING

While sitting with your leg stretched out, reach forward with your hands towards touching your toes. Video # VV6U8J6UF

Repeat 5 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side. Video # VV9R6CRWF

Repeat 5 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



FOAM ROLL - ILIOTIBIAL BAND - ITB

Start on your side with a foam roll under your bottom thigh.

Next, using your arms and unaffected leg, roll up and down the foam roll along your lateral thigh. Video # VVE86DCMA

Repeat 1 Time

Complete 1 Set

Hold 5 Minutes

Perform 1 Times a Day