

Seated Hamstring Stretch

REPS: 3	HOLD: 30 SECONDS	DAILY: 2	WEEKLY: 7
----------------	-------------------------	-----------------	------------------



Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

Seated Gluteal Sets

REPS: 10	SETS: 2	HOLD: 3 SECONDS	DAILY: 2
WEEKLY: 7			



Setup

Begin in a seated upright position.

Movement

Tighten the muscles in your buttocks, then relax and repeat.

Tip

Make sure to maintain good posture during the exercise and do not hold your breath as you tighten your muscles.

Seated Long Arc Quad

REPS: 10

SETS: 2

DAILY: 2

WEEKLY: 7



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Supine Heel Slide

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin lying on your back with your legs straight.

Movement

Slide one heel toward your buttocks, bending your knee as far as is comfortable, then slide it back to the starting position and repeat.

Tip

Make sure to keep your back flat against the bed during the exercise.

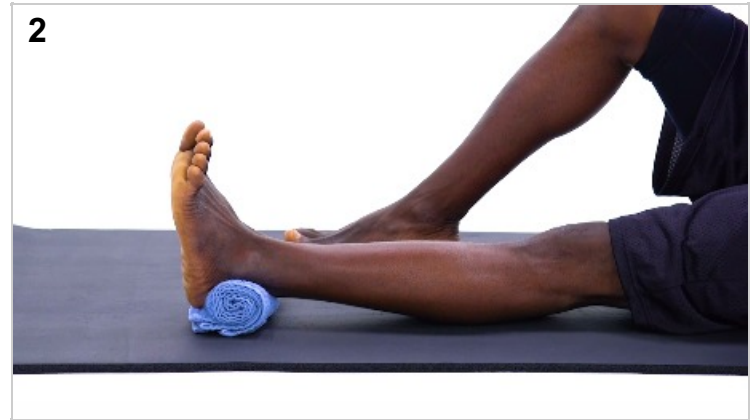
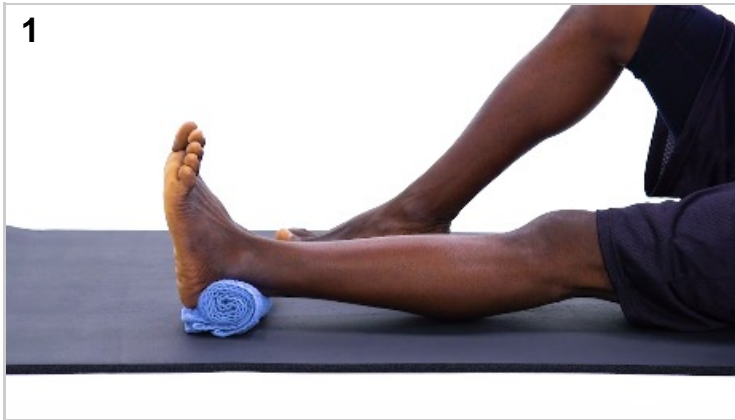
Long Sitting Quad Set with Towel Roll Under Heel

REPS: 10

HOLD: 3
SECONDS

DAILY: 2

WEEKLY: 7



Setup

Begin sitting upright on the floor with one leg bent and your other leg straight forward, resting your heel on a towel roll.

Movement

Straighten your leg, pushing your knee toward the floor. Hold, then relax, and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling and maintain an upright posture during the exercise.

Supine Knee Extension Strengthening

REPS: 10

HOLD: 3
SECONDS

DAILY: 2

WEEKLY: 7

1



2



Setup

Begin lying on your back with one knee bent and the other resting on a ball.

Movement

Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the ball.

Tip

Make sure not to arch your back during the exercise.

Standing Hip Abduction

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin in a standing upright position holding onto a stable object for support.

Movement

Lift one leg out to your side, then slowly return to the starting position and repeat.

Tip

Make sure to keep your shoulders and hips facing straight forward during the exercise.

Standing Hip Extension

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin in a standing upright position holding on to a stable object for support.

Movement

Lift one leg backward, then slowly return to the starting position and repeat.

Tip

Make sure to keep your back straight and maintain your balance during the exercise.

Sidestepping

REPS: 5

DAILY: 2

WEEKLY: 7

1



2



3



Setup

Begin standing upright. Bend your hips and knees into a mini squat position.

Movement

Slowly step sideways, then step back to the starting position in the opposite direction.

Tip

Make sure to keep your feet pointing straight forward, your abdominals tight, and do not let your knees collapse inward during the exercise.