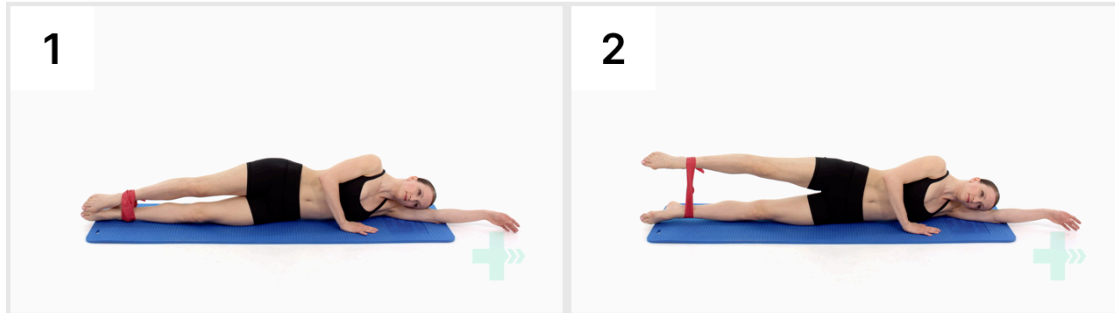

1. Hip abduction with band on ankles

Sets: 3 • Reps: 10



Lie on your side with your affected leg on top.

Tie a resistance band around both of your ankle.

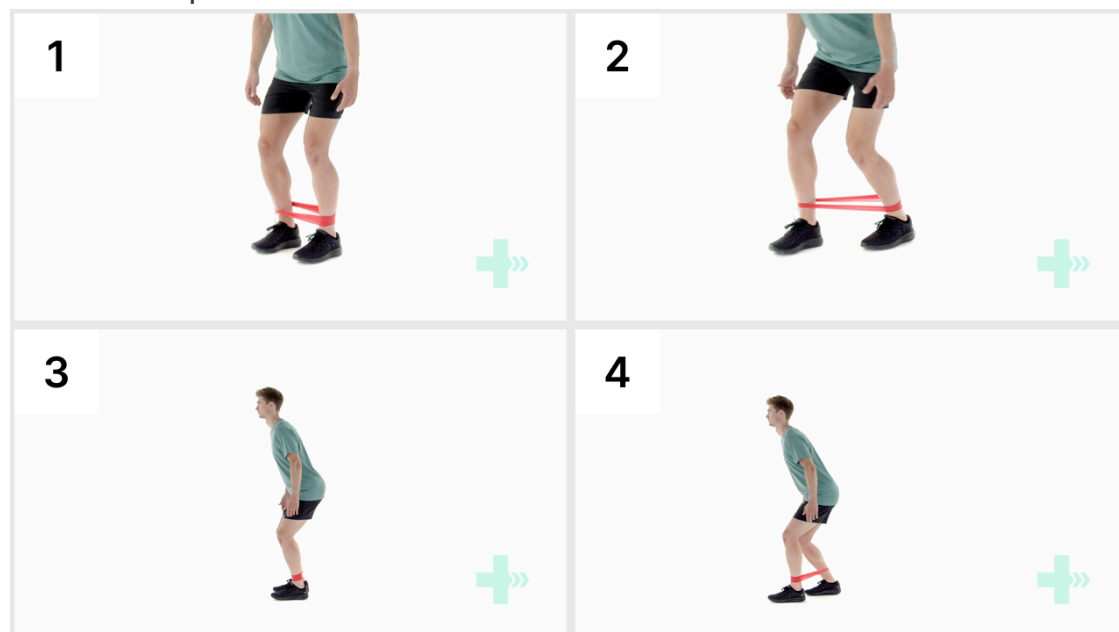
Keeping your top leg straight, lift it directly upwards pulling against the resistance of the band.

Slowly lower your leg back down controlling the movement against the band.

x 10 as high as you can, x 10 pulses and 10 sec hold= 1 set

2. "Monster walk"

Sets: 3 • Reps: 10



Stand up straight with a resistance band tied around both legs, just above your ankles/just above knees

Tighten your abdominal muscles.

Keeping your back straight, tilt your body forward from your hips and soften your knees.

Your legs should be hip-distance apart.

Ensure there is tension in the band.

Maintaining this position with your body and the same bend in your legs, walk forward for some steps, and then backward.

Ensure you maintain the tension in the band and do not bend your back.

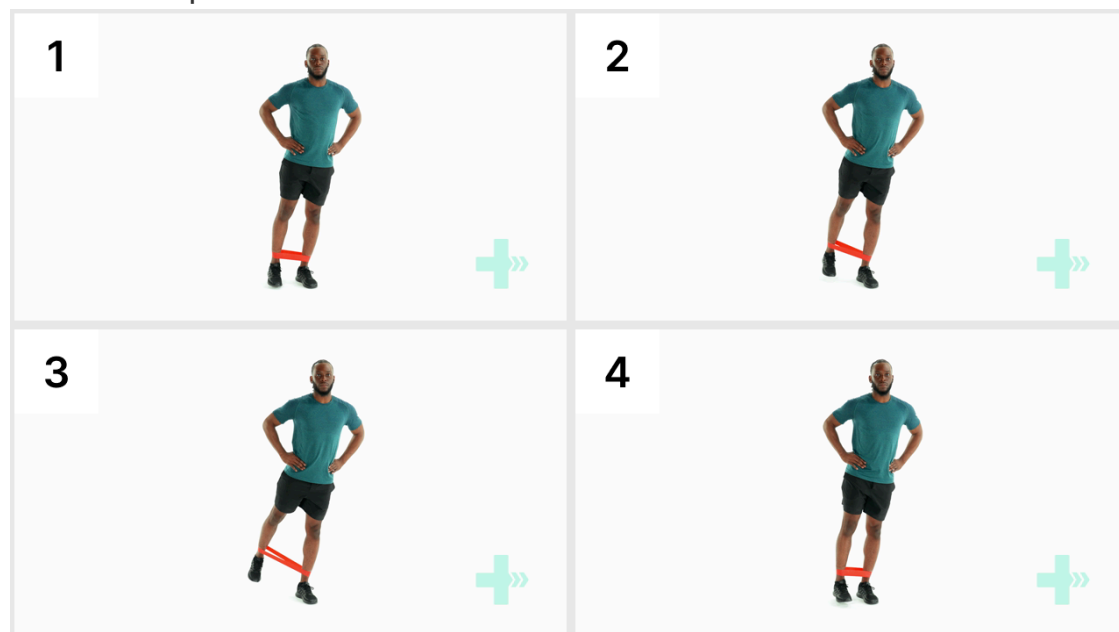
Focus your gaze directly ahead.

Do 1 rep with band around knees and 1 rep with band around ankles.

Do monster walks back as well.

3. Resisted diagonal hip extension in standing

Sets: 3 • Reps: 10



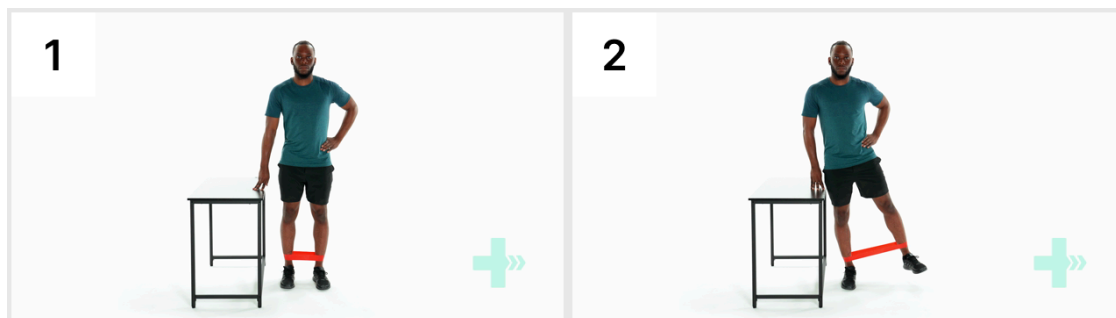
Stand with a resistance band tied into a loop around both ankles with the slack taken off.

Shift your weight to one leg, with your knee soft, and find your balance. Lift your other leg diagonally backward and outwards against the band resistance.

Keep your toes pointing forwards and focus on using your buttock muscles. In a controlled manner return to the starting position and repeat.

4. Resisted hip abduction in standing - band around ankles

Sets: 3 • Reps: 10



Place a band around your ankles and hold on to a supporting surface. Keeping your body straight and hips level, lift your leg directly out to the side, pulling against the tension in the band. Control the movement as you lower your leg back down to the start position, and repeat. Make sure your body does not lean at all when you do this.

5. Resisted Fire Hydrants

Sets: 3 • Reps: 10

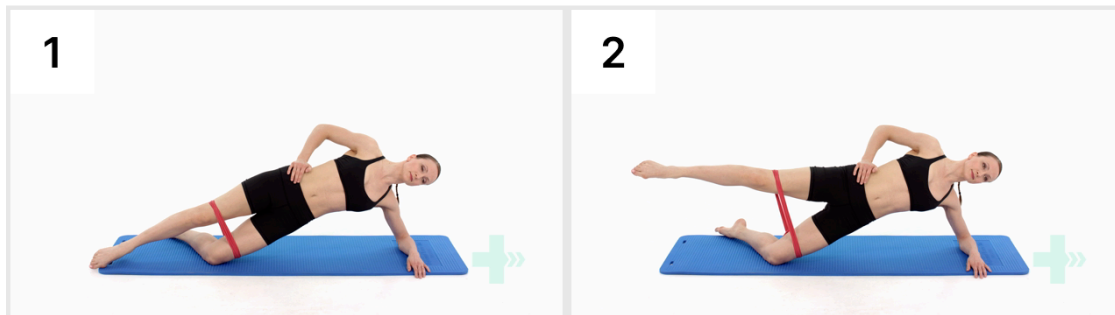


Start by standing with an exercise band looped around your knees (slightly above the knees). Slightly squat down, lift one leg and bend the knee to 90 degrees.

Bring the knee out towards the side and turn your hip joint outwards. Return to the starting position.

6. "Plank, side (low)" Core/scapular stabilization, abducting straight leg, with band

Sets: 3 • Reps: 10



Lie on your side and prop yourself up on your elbow.

Tie a tensioned resistance band around your thighs, just above your knees.

Bend your knees and lift your hips off the mat until you have a straight line from your knees to the top of your head.

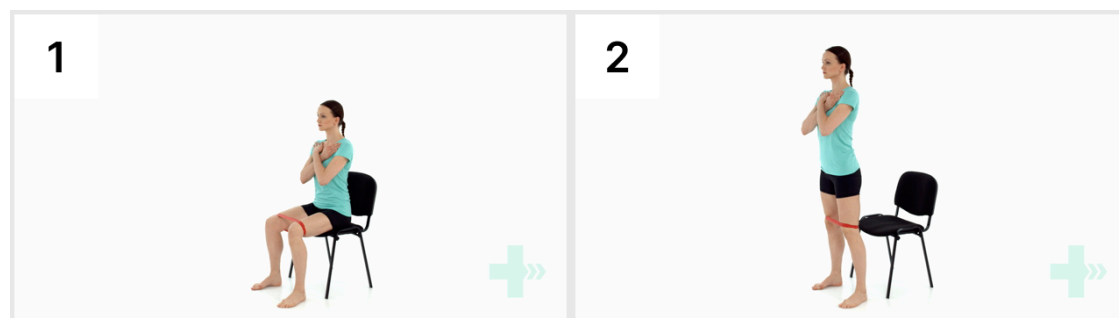
Holding this position, straighten your top leg out, and then lift it directly up towards the ceiling.

Ensure this leg does not travel forwards.

Control the movement as you lower the leg back down and then repeat.

7. Sit to stand -abducting against band

Sets: 3 • Reps: 10



Sit up straight on a chair with a resistance band tied just above your knees. Keep your legs just wider than hips width apart, with some tension in the band. Cross your hands over your chest and stand up, pushing your knees outwards against the resistance of the band.

Control the movement as you sit back down.

The slower you do this exercise, the harder it is.

After rep 10 of each set, hold squat position for 10 sec

8. Standing resisted hip flexion - version 3

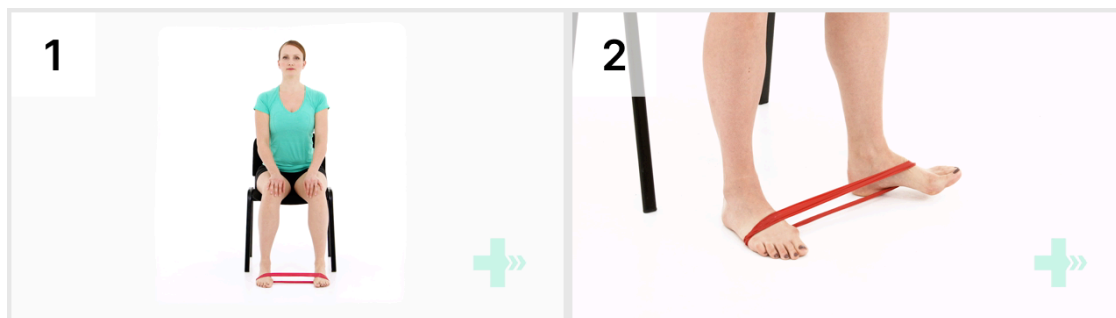
Sets: 3 • Reps: 10



Standing leg lift with elastic band. Stand with support. Pull your knee up to your stomach. Do not bend over 90 degrees in the hip.

9. Ankle eversion strengthening, with band, sitting

Sets: 3 • Reps: 10



Sit upright in a chair with a resistance band tied in a loop.

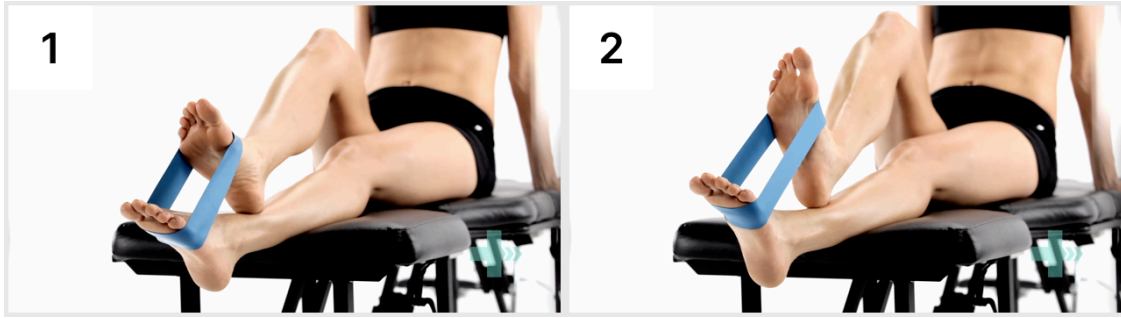
Place the band around the base of your toes, and move your feet apart to gain some tension in the band.

Keeping your unaffected foot still, turn your affected foot outwards, keeping your heel in the same position on the floor.

Control the movement as you bring your foot back in to the neutral position.

10. Ankle dorsiflexion strengthening, with band, sitting legs straight

Sets: 3 • Reps: 10



Start in a seated position with your legs extended.

Take the band and place it around your feet.

Next, bend your knee on the affected side so that your heel is resting on your shin.

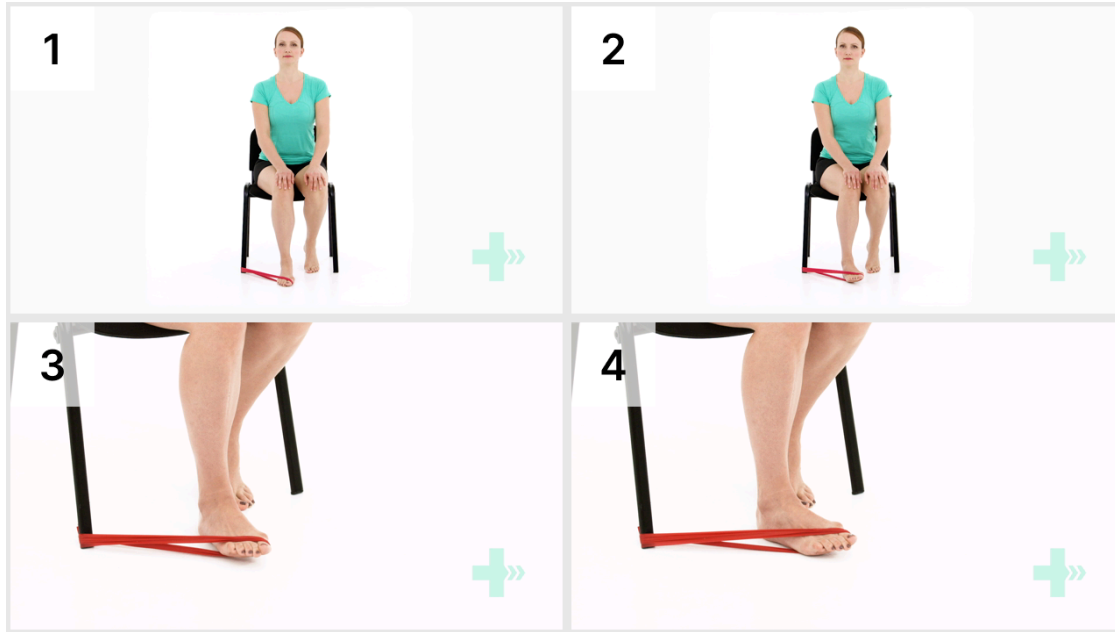
Pull the toes of the affected side up towards your head as you maintain tension in the band.

The unaffected foot acts as an anchor to allow more tension to be created in the band.

Relax to the starting position and repeat.

11. Ankle inversion strengthening, with band, sitting

Sets: 3 • Reps: 10



Sit upright in a chair with a resistance band tied in a loop.

Place the band around the base of your toes on your affected foot, around the leg of the chair.

Ensure there is some tension in the band.

Turn your affected foot inwards against the resistance of the band, keeping your heel in the same position on the floor.

Control the movement as you bring your foot back in to the neutral position.