

HIP / KNEE - 48 Piriformis (Supine)



Cross legs, sore leg on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 20 seconds.

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

HIP / KNEE - 36 Stretching: Tensor

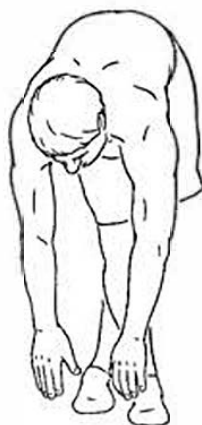
Cross leg over the other, then lean to same side until stretch is felt on other hip. Hold 20 minute.



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

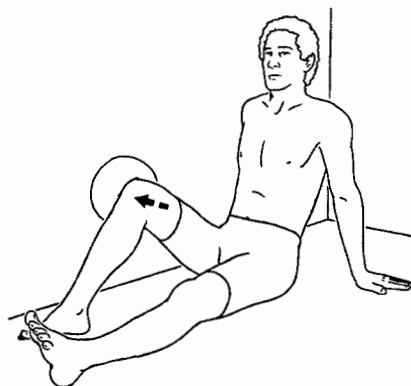
HIP / KNEE - 67 Stretching: Iliotibial Band

Cross sore leg behind other leg. Bend at waist, reaching toward floor. Hold 20 seconds. Relax.



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

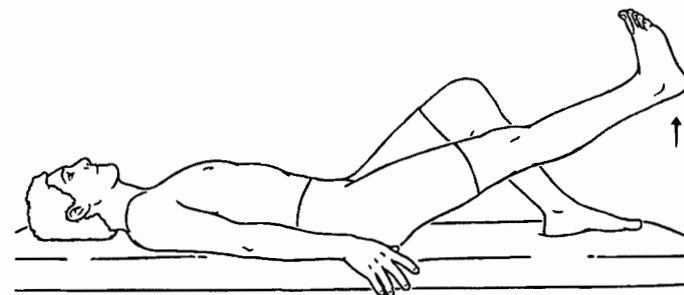
HIP / KNEE - 15 Strengthening: Hip Abduction – Isometric



Using ball or folded pillow, push outside of sore knee into wall. Hold for count of 3.

Repeat 10 times per set. Do 3 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)

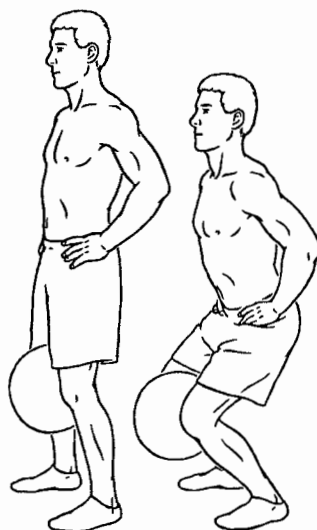


Tighten muscles on front of sore thigh, then lift leg 8 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 3 sets per session.  
Do 1 sessions per day.

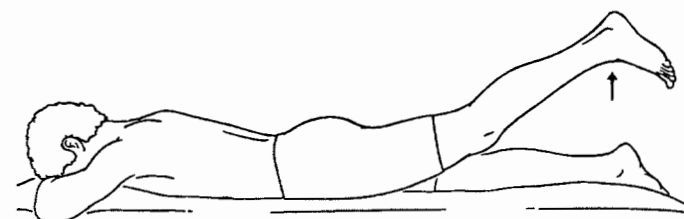
HIP / KNEE - 75 Mini Squat: With Ball Squeeze

Stand with ball between knees. Squat with head up, reaching back with buttocks as if sitting down.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 20 Strengthening: Hip Extension (Prone)



Tighten muscles on front of sore thigh, then lift leg 8 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 3 sets per session.  
Do 1 sessions per day.