



**Knee Extension - Seated**

Seated in readiness position. Support one leg up on a rolled up towel under thigh. Start with toe pointed downward, straighten leg while pulling toes back. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hamstring Curls - Standing**

Standing slightly supported flexed at the waist. Raise heel up toward buttocks while pointing the toes. Lower slowly and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hip Abduction - Side Lying**

Lying on one side, bend bottom knee up and keep top leg straight. Slowly raise top leg up sideways (30° - 45°), keeping knee straight and toes pointing slightly downward. Keep body and leg aligned and avoid hiking the hip. Maintain an abdominal hollow throughout movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hip Adduction - Side Lying**

Lying on one side, cross top leg over bottom leg and place foot on floor. Slowly raise the bottom leg up keeping knee straight and toes pointing forward.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Isometric Hip Adduction**

Seated on floor supported with hands (or lying down). Squeeze ball between knees and hold. Use various sizes of balls to work muscle through its range.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31