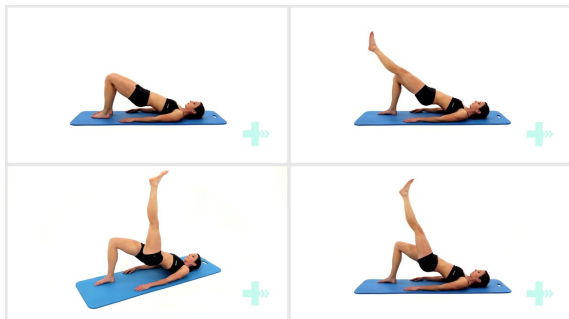


True2Form Massage Therapy
6513 118 avenue
Edmonton, AB, Alberta

3 Sets / 10 Reps



1. "Bridge" Core/hip stabilization swinging straight leg; 01

Lie on your back with your legs bent and feet on the floor.
Lift your hips up in to a bridge, driving the movement with your buttocks.
Once you reach a straight line from your knees to your shoulders, maintain a level pelvis as you lift one leg up and down, keeping it straight.

3 Sets / 10 Reps



2. Resisted SL IRQ in stand

Stand with your feet flat on the floor at hip width apart.
Tie a resistance band in a loop around a secure object.
Place your affected leg in the loop with the band behind your knee.
Step back so you have some tension in the band.
Lift your other leg up so you are balancing on your affected leg only.
Keeping your body straight, bend your knee a little and then straighten back up slowly.
As you straighten your knee back up, you will be pulling against the resistance of the band, working your thigh muscles.
Relax and repeat.

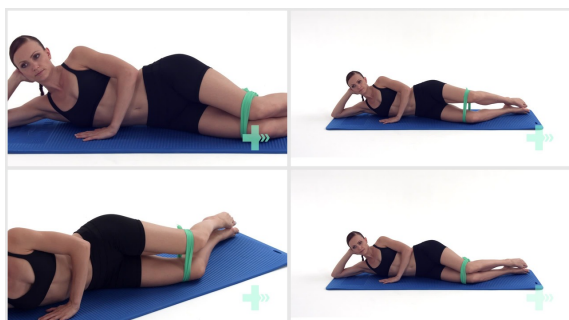
3 Sets / 5 Reps / 20 s hold



3. SLS wobble cushion

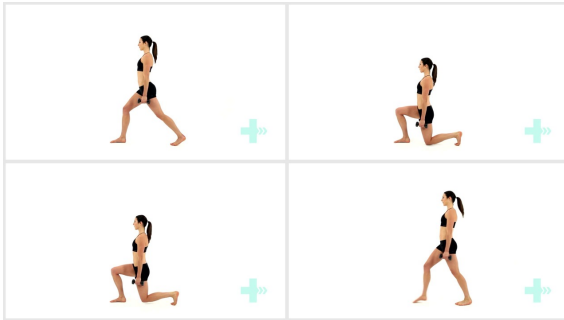
Place a wobble cushion on the floor near a wall, and stand in the middle on your affected leg.
Try and balance for as long as you can.

3 Sets / 10 Reps



4. "Clamshell" Hip external rotation strengthening with band, in side lying; 03

Lie on your side with your legs bent and stacked on top of each other.
Tie a resistance band around your knees and activate your core stability muscles.
Keep your feet together and lift your top knee taking care not to allow your body to roll backwards and then lower back to the starting position.
Control the movement as your knee returns to the start position and then repeat.

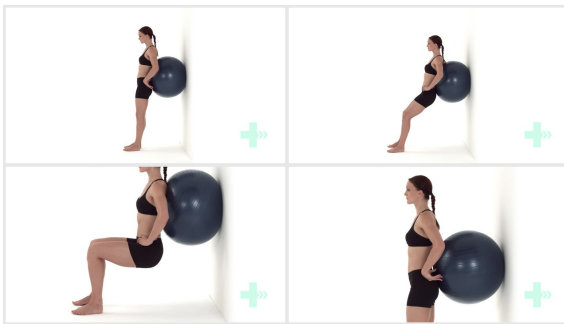


5. "Lunge, stance (90/90)" Lower body strengthening with dumbbell-bending/straightening; 01

Hold the weights down by your side and step forwards on to the affected leg. Lunge straight down, bending both knees to 90 degrees, dropping your back knee towards the floor.

Press back up and repeat this exercise.

Make sure your front knee travels directly forwards over your toes.



6. "Squat, stability ball on wall" Lower body strengthening; 03

Hold a stability ball against a wall, placed in the small of your back.

Lean firmly back against the ball.

Walk your feet forwards, keeping your toes pointing ahead and your legs at hips-width apart.

Squat down, dropping your hips towards the floor and bending your knees until they reach 90 degrees.

Stand up straight, driving the movement with your buttock muscles.

Make sure your body remains straight and knees travel directly forwards over your toes throughout this exercise.



7. Hip/knee hamstring stretch leaning forward, in standing; 01

Hold onto a chair or table for support.

Move your affected foot one pace in front.

Keep your back foot facing forwards and soften the knee.

Make sure your hips are square and you maintain a straight back.

Gently lean forwards and push your hips out behind you.

You will feel a stretch down the back of your front thigh.

Hold this position, keeping the heel of your front foot on the floor.