

**Stretching (3-5 reps on each side)****Hip Flexor**

Start in a kneeling lunge position. Keep trunk straight and tuck rear.



Gently slide front knee forward to stretch back leg. Hold 20-30 seconds.

**Calf**

Use a wall or countertop. Place one leg back to stretch calf. Make sure toes are pointed straight towards the wall/countertop.



Keeping back knee straight and heel on the ground, lean forward until you feel a stretch. Hold 20-30 seconds. get a stretch. Hold 20-30 seconds.



3 Perform this same position but now allow the back knee to bend slightly. Continue to keep the back heel on the ground.

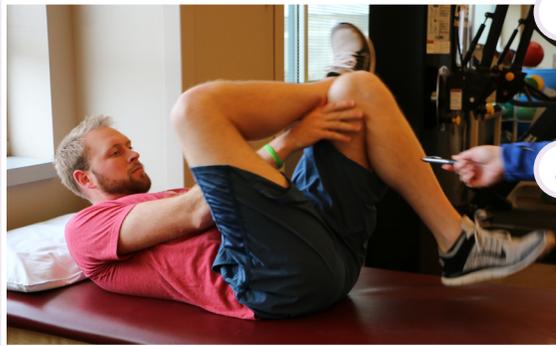
**Piriformis**

1 Lie on back, pull knee towards opposite shoulder to feel stretch in gluteal.

2 Hold 20-30 seconds.

## Stretching (continued)

### Gluteal



- 1 Lie on back. Place one foot on opposite knee to make a Figure 4. Place hands under thigh and pull knee to chest to feel stretch in gluteal.
- 2 Hold 20-30 seconds.

### Hamstring



- 1 Grab hold under the thigh. Keep thigh perpendicular, gently straighten the knee until you feel a stretch in the back of the thigh.
- 2 Hold 20-30 seconds.

## Strengthening (2 Sets of 10 reps on each side)

### Supported Heel Slides

Tighten core/lower abdominal muscles. Keeping contraction, slowly raise right knee by letting heel slide on floor. Do not let pelvis move or arch your back. Keeping contraction, slide right leg back to starting position.

Slowly relax contraction.



**Progression:** This exercise can be advanced by straightening knee without letting your heel slide on the floor.

## Strengthening (continued)

### Single Leg Bridge

Lie on your back with one knee bent and one straight. With abdominal muscles tight, keep your buttocks contracted and slowly raise your hips up.

Hold 5 seconds, making sure hips are level. Lower back down, being sure to keep your buttocks and abdominal muscles tight. Relax buttocks then abdominal muscles.



### Clamshells



Lie on side, both hips and knees bent.



With a tight core, keep your heels together and slowly raise your top leg and point the knee cap towards the ceiling as high as you can without letting your hips roll back. Hold this 3 seconds, then slowly lower leg.

3 Same set up as above, but once your kneecap is pointed towards the ceiling, straighten the knee and hold for 3 seconds before lowering back down.

### Sidelying Leg Lift



Lie on one side, with the leg touching the floor bent at the knee and the upper leg straight.

Tighten core, slightly turn upper knee and foot toward the ceiling, making sure not to roll back, and raise that leg straight up. Move at hip only, Do Not allow pelvis to move or back to arch. Slowly lower leg and relax.



## Strengthening (continued)

### Prone Hip Extension

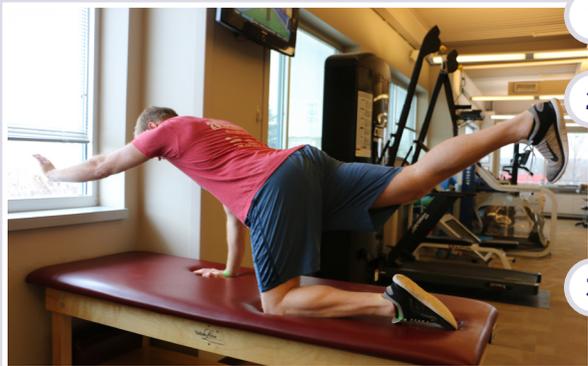


- 1 Lie on stomach, left knee bent to 90 degrees.
- 2 Tighten your abdominal muscles and, keeping contraction, slowly tighten buttocks.
- 3 Keeping abdominal and buttocks muscles contracted, slowly lift you left knee up a few inches and hold for 5 seconds. You do not want your back to extend.



**Progression:** This can also be performed with the knee

### Quadruped Bird Dog



- 1 On hands and knees, find a neutral back and spine.
- 2 Keeping your core tight, slowly raise your left arm and right leg to be approximately parallel with the floor. Do not shift or let your trunk move. Do not raise your leg too high, or you will arch your back.
- 3 Hold for 5 seconds, keeping your core tight, until you bring your arm and leg back down.

### Forward Plank



- 1 Lie on stomach. Tighten your core/lower abdominal muscles.
- 2 Lift stomach off the floor by bracing yourself on your forearms and toes. Hold for 10 seconds.

## Strengthening (continued)

### Side Plank



1 Lie on right side, hips and knees comfortably bent, propped up on right elbow. Tighten core/lower abdominal muscles.

2 Lift your hips up, bracing on your elbow and knee. Hold for 10 seconds.



**Progression:** This exercise can be advanced by extending your hip/knees, and bracing on your elbow and side of foot.

### Single Leg Deadlift

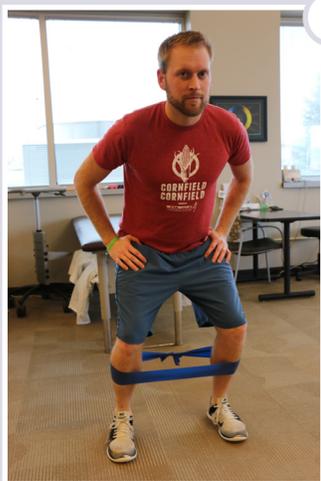


1 Stand on one leg. Keep the knee slightly bent.

Bend forward from your hips and reach your opposite hand to the outside of the foot. Make sure to keep back straight. Come back up to your starting position.



### Resisted Sidestepping



1 Band can be placed either around your thighs above the knee or around your ankles. Placing the band around the ankles will make this exercise more difficult. Start in a mini-squat.

2 Stay low and side step, keeping tension on the band.



## Strengthening (continued)

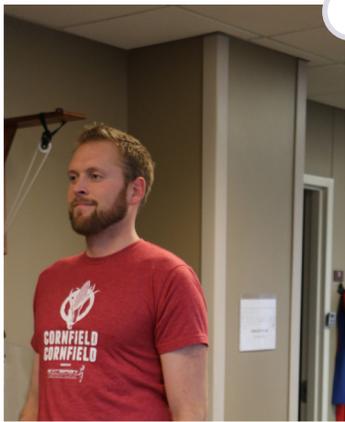
### Lateral Step Down

Start standing on top of a 4-6" step.



2 Slowly lower your heel toward the ground, attempting to keep your hips level. Return to starting position.

### Lunge to Step Up



1 Lunge forward making sure to keep knee behind toe.

Come out of lunge bringing opposite leg up and raise up on toes maintaining balance.



## Questions?

If you have any questions, or would like to schedule some time with one of our Optimum Stride therapists, please don't hesitate to call (402) 609-1750 or visit [OrthoNebraska.com](http://OrthoNebraska.com).