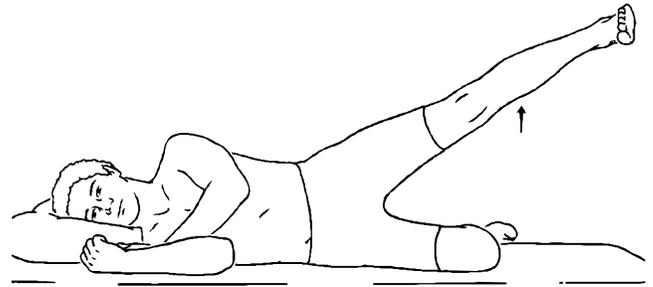




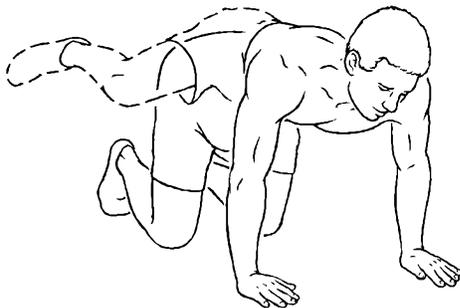
Hip Abduction (Side-Lying)



Tighten muscles on front of left thigh, then lift leg 12-18 inches from surface, keeping knee locked. Add a light cuff weight around your ankle when this becomes easy.

Repeat 20 times per set. Do 1 sets per session.
Do 1 sessions per day.

Hip Abduction (Fire Hydrant Lift)



Keeping knee bent, slowly lift your leg up to the side. Hold for a second at the top then lower slowly. When this becomes easy, add a cuff weight to your thigh to increase resistance.

Repeat 20 times per set.
Do 1 sessions per day.

Sidelying Clamshell



Lying on your side with hips and knees bent to ~60 degree angle. Keeping your feet together, slowly lift the upper leg away from the lower leg like a clamshell opening. Hold at the top for a second and then lower slowly. When this becomes easy, add a cuff weight to your thigh to increase resistance.

Repeat 20 times per set. Perform 1 set per day.

Theraband Shuffle

Wrap a loop of theraband around the insteps of both feet. With a slight bend in your knee, lift one leg off the floor, striding to the side against the resistance of the theraband. After a wide stride (15"-20"), place the foot down and then allow the stationary leg to lift off the ground and slowly bring it towards your other leg. Do not drag the feet.



Perform 10 strides in each direction
Repeat 2-3 sets

Runners Pivot (Modified Single Leg Squat)

Standing balanced on one leg, you will slowly lower yourself down into a partial squat, while extending your non-weight bearing leg. Slowly return to a standing position while you are bringing your non-weight bearing leg into a flexed position. Your arms should simulate the motion you use while running.



Perform 20 repetitions on each leg. Perform one set per day