

Flex Physiotherapy Elite Allied Healthcare
Suite 2, 21b Bathurst St
Liverpool ACT, 2170

1. Bridge

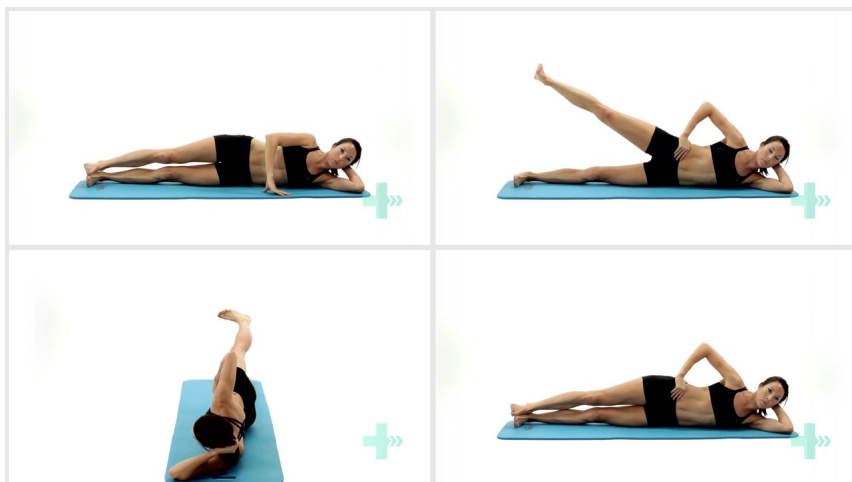
3 Sets / 10 Reps / 3 s hold



Lie on your back.
Bend both knees and place your feet flat on the bed.
Lift your buttocks from the bed.
Place your buttocks back on the bed.
Repeat this exercise and remember to continue to breathe properly.

2. Hip abduction - side lying

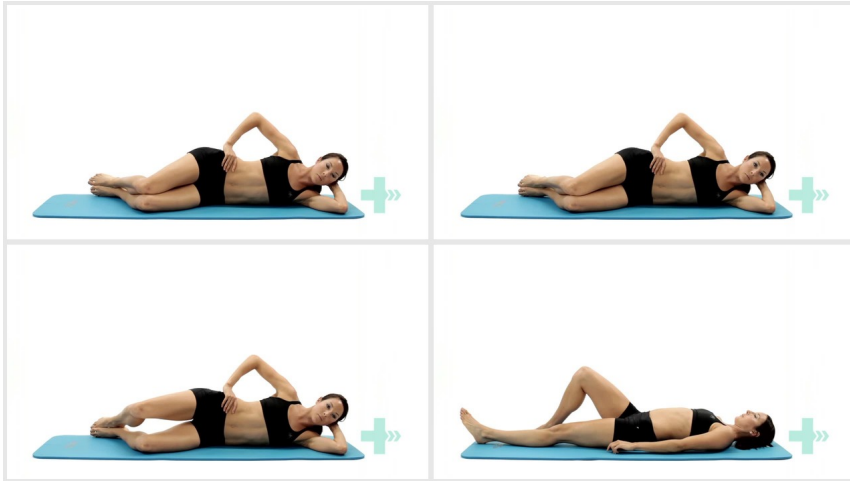
3 Sets / 10 Reps



Lie on your good side, making sure there is a straight line from your head, through your trunk, down your legs to your toes.
Straighten your legs and pull the toes up towards you.
Raise the top leg straight up, then control the motion back down.
Ensure your leg goes directly up, as though sliding up and down a wall.

3. Clam shells

3 Sets / 10 Reps



Lie on your side with your feet, ankles and knees together.
Bend the legs a little and tighten your core stability muscles.
Keeping the feet together, lift the top knee up.
Make sure you don't roll your body back with the movement.
Control the movement as you bring the knee back down to the starting position.

4. Resisted IRQ in stand

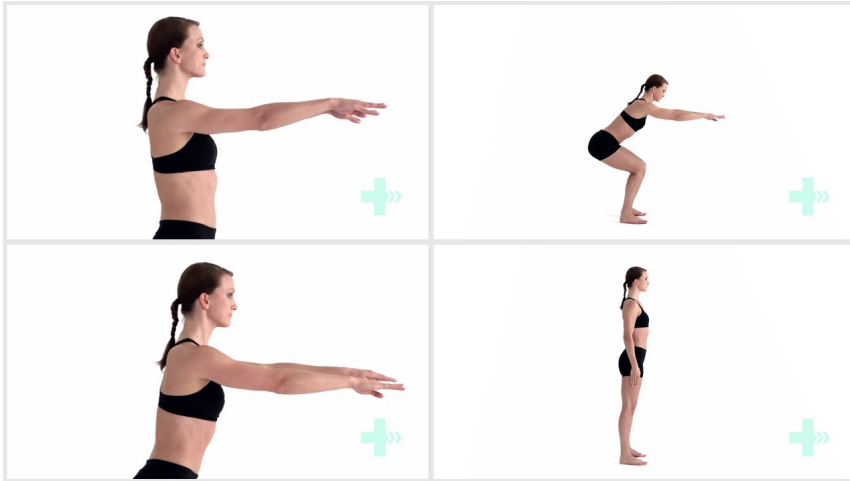
3 Sets / 10 Reps



Stand with your feet flat on the floor at hip width apart.
Tie a resistance band into 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.
Keeping your body straight, bend both knees a little.
As you straighten your knee back up you will pull against the resistance of the band, working the thigh muscle.
Relax and then repeat.

5. Squat

3 Sets / 10 Reps



Stand with your feet shoulder-width apart.

Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes.

Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.

As you squat, bend from your hips and keep your back straight.