

HIP FLEXION ISOMETRIC BILATERAL

While lying on your back, raise up your knees into and press them into your hands.

Video # VVNB2YDMV

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Times a Week



BRIDGING WITH RUBBER BALL SQUEEZE

Lie on your back with knees bent. Place a small rubber ball between your knees. Squeeze the ball with your knees and hold the pressure on the ball.

While holding this pressure on the ball with your knees, press through your heels as you raise your buttocks off the floor/bed creating a bridge with your body. Return to starting position and repeat.

Video # VV8B8AB7Z

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 3 Times a Week



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg towards the sky. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Perform on both sides.

Video # VV4R4FB65

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week





SIT TO STAND - NO SUPPORT

Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

Video # VVUS3WVRC

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Times a Week



SUPPORTED HIP EXTENSION - STANDING

Stand and lean your arms on a table for support. While bearing weight on one leg, move your leg in a backward direction as shown. Perform smooth and controlled movements. Keep knee straightened the entire time.

Keep your trunk stable and without arching during the movement.

Use your arms for support if needed for balance and safety. Perform on each leg.

Video # VVXU4ZYHL

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week



DOUBLE LEG HEEL RAISES - CALF RAISES - STANDING

While standing, raise up on your toes as you lift your heels off the ground.

Video # VV446LPRP

Repeat 10 Times
Hold 1 Second
Complete 4 Sets
Perform 3 Times a Week

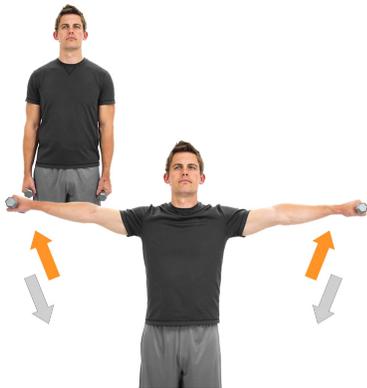


STANDING HAMSTRING CURLS

While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat. Keep knees in-line with one another. Perform on each leg.

Video # VVMP2C2RC

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 3 Times a Week



FREE WEIGHT - BILATERAL ABDUCTION IN NEUTRAL - LATERAL RAISE

While holding a dumbbell in both hands and with your elbows straight, raise your arms up from your side with the palms facing downward. Lower and repeat.

Do not let your shoulder shrug upwards and do not go over shoulder level height.

Video # VVJ6TAW4L

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 3 Times a Week



SEATED BICEP CURLS - ALTERNATING

While sitting in a chair and holding a free weight / dumbbell/cans of soups on each thigh, lift one side while bending at the elbow. Lower and repeat. Perform on one side and then alternate to the other side.

Video # VVR7G9UCR

Repeat 15 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week



TABLE PUSH UPS

Perform a push up as shown while leaning on a table. Perform with hands on wall if too difficult.

Video # VVUHN947E

Repeat 10 Times

Complete 3 Sets

Perform 3 Times a Week



SHRUGS

Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time.

Hold weights in hands to increase difficulty.

Video # VVL69YBFR

Repeat 20 Times

Hold 1 Second

Complete 2 Sets

Perform 3 Times a Week