

Notes :

1 Quadriceps iso. contraction



Sets: 2-3 Reps: 10 Freq: 2x/day Hold: 5-10 seconds

Sit with your leg extended.
Tighten the quadriceps muscle on the front of the thigh by trying to push the knee downward.
Hold for the recommended time.
Relax.
Do not hold your breath.

2 Knee extension



Sets: 2-3 Reps: 10 Freq: 2x/day

Sit down on a chair with your back straight.
Fully extend one leg then go down and repeat.

3 Clamshell



Sets: 2-3 Reps: 10 Freq: 2x/day

Lie on your side with both legs slightly bent. Lift your top leg (injured leg), keeping your pelvis stable, your leg slightly bent and your heels together.
Rotate your hip so that your foot and your kneecap are pointing upward during the movement.
Return to the initial position and repeat.

4 Glute bridge



Sets: 2-3 Reps: 10 Freq: 2-3x/day

Lie on your back with your knees bent.
Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs.
Slowly return to the initial position and repeat.

5 Hamstrings stretch



Sets: 2-3 Reps: 10 Freq: 2x/day

Lie on the floor in a doorway or close to a corner of a wall.
Place one leg up against the wall, the other is straight on the floor and your buttock is as close as possible to the door frame or wall.
Extend the elevated leg and pull your toe down as much as possible until you feel a stretch behind your thigh.
Hold the stretch for the recommended time.