

Notes :

**1 Side-step with band and feet out**



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

Wrap a mini-band around your legs just above your knees. Turn your feet out slightly (to 10 and 2 o'clock). Bend your knees just deep enough to place them over your toes, straighten your back and bend your hips slightly. Make sure you bend the knees in line with the feet. In this position, side step nice and slowly, while maintaining the half-squat and the slight external rotation of the legs. Step in one direction, then come back to work the other side.

**2 Monster walk**



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

Place a band just above the ankles and stand in an athletic stance with tension on the band. Step forward, always maintaining tension on the band. Return going backwards.

**3 Foundation squat**



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

Stand with your feet slightly more than shoulder-width apart. Keep your weight back on your heels. Work on pushing your heels into the ground, as if you are trying to spread the floor apart. Bring your arms out in front as you begin pushing your butt behind you. Keep your back in extension. Keep pressing your hips back as you continue to bend your knees deeper into the squat until 90 degrees. Press through your heels to come back up with your arms at your sides.

**4 Step-up on step**



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

Stand with the involved leg up on a step and shift your weight over your knee. Step up slowly, keeping your knee cap in line with your 2nd toe and your pelvis level. Step back down leading with the uninvolved leg.

**5 Stabilization step down**



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

Stand up straight on the top of a stool with your supporting foot facing directly forward. Lower the other foot in front of you and align the knee cap of the supporting leg with the second toe of that foot. Step down while maintaining that alignment. Return to your starting position by raising your foot back up onto the stool and repeat. Control your supporting knee from going inward by squeezing your buttocks together.