

BASIC KNEE/HIP EXERCISES

Perform 3-4 x per week

Adjust as needed

Start with 1 set of 10, build up to 3 sets of 10

Optional rehab:

-Heat (Rice sock, Heat pad) - 5-10 min

-Massage

-foam roll

-TENS

Red Light

1



QUAD SETS - ISOMETRIC QUADS

Sit down and straighten your leg and knee. Tighten your top thigh muscle to press the back of your knee downward. Hold this and then relax and repeat.

Complete 1 set Repeat 10 times

2



SIDE LYING CLAMSHELL

-Perform on each side-

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Complete 1 set Repeat 10 times

Modification:

Advance: add band around thighs

3



HIP ABDUCTION - SIDE LYING

While lying on your side, slowly raise up your top leg to the side. 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.

Complete 1 set Repeat 10 times

4



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time.

Complete 1 set Repeat 10 times

5



Single Leg Raise

Laying on your back with a straight leg, raise it slowly up from the mat and slowly lower it back down. Do not just let your leg drop.

Complete 1 set Repeat 10 times

6



HIP ADDUCTION - SIDE LYING

While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

Your top leg should be bent at the knee and your foot planted on the ground supporting your body.

Complete 1 set Repeat 10 times

7



SQUAT

-If needed, place a chair behind you for safety-

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Complete 1 set Repeat 10 times

8



4 Way Hip - Perform on each leg

-Can be done with or without band -

Place end of theraband in crack of the door near the floor and close door. With each direction, make sure your back is flat (core engaged) and stand tall.

1. Face the door and move leg with band backwards and forwards, keeping that knee straight.
2. Quarter turn and move leg out and in with knee straight.
3. Quarter turn again and move leg with band forward and back with knee straight.
4. Quarter turn again and move leg out and in with knee straight.

Complete 1 set Repeat 10 times

9



Wall Squats

Adjust as needed - start with 15-30 seconds, build up to 1 minute

-Start with standing against a wall; with feet a few feet away from wall.

-Keep feet hip width apart; chest up tall.

-Slow and controlled, slide your back down the wall.

-Slide back down enough to where you look like you are sitting in a chair.

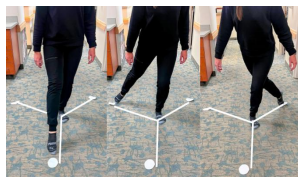
-Don't let the knees flex further than 90 degrees; don't let knees go over toes.

-Keep back against the wall.

-Don't hold on to your legs or keep hands on thighs.

Complete 1 set Hold 1 minute

10



Y-Balance & Reach - Barefoot

While balancing on one leg, reach forward with opposite leg and touch heel to ground.

Reach back and to the left and touch toe to ground. Reach back and to the right and

touch toe to ground. Maintain slight bend knee on leg that you are balancing with and

don't allow knee to cross midline. Start on hard floor, progress to carpet, grass, pillow,

foam pad.

Complete 1 set Repeat 10 times

ADVANCED KNEE/HIP EXERCISES

1 SINGLE LEG DEADLIFT



-Perform on each leg-
Stand and balance on one leg.
Next, lean forward towards touching the floor as you extend and lift your leg behind your body. Keep your spine straight and hinge at the hip.
Return to starting original position and repeat.

May use weight in one or both hands (kettlebell or dumb bell)

Complete 1 set Repeat 10 times

2 LUNGE



Start by standing with feet shoulder-width-apart holding a dumbbell in one hand.
Next, take a step back and allow your front knee to bend into a lunge position.
Then, push up mostly from the front knee with pressure directed through the heel and return to starting position.

Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

Complete 1 set Repeat 10 times

Modification:

Easier: No weight, don't go down as low

Advance: Hold weight

Core rotation with/without weight

3 SINGLE LEG SPLIT SQUAT - BULGARIAN SPLIT SQUAT / LUNGE



Stand on your target leg and place your other foot propped up on a chair or other low object behind you as shown. Next, bend your knee and lower your body towards the floor. Return to a standing position. Your target knee should bend in line with the 2nd toe and not pass the front of the foot.

Complete 1 set Repeat 10 times

Modification:

May use weight in one or both hands (kettle bell or dumb bell)

4 ATG Split Squats



Take a large step into a lunge, attempting to cover front calf with hamstring, knee translating over toe while maintaining foot flat. If unable to keep front foot flat, back leg off ground, and full coverage of calf with hamstring, elevate front foot onto a step and re-try.

Easier: Front leg on step/stair/bench

Advanced: May use weight in one or both hands (kettlebell or dumb bell)*

Complete 1 set Repeat 10 times

www.youtube.com

"How to do ATG split squat"

"Bulletproof knees"

"Knees over toes"

KNEE/HIP STRETCHES

1



STANDING HAMSTRING STRETCH

- Modify as needed, do your best!
Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Complete 2 set Hold 15 seconds

2



QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold the top of your foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Complete 2 set Hold 15 seconds

3



STANDING CALF STRETCH

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Complete 2 set Hold 15 seconds

4



SINGLE KNEE TO CHEST STRETCH

While lying on your back, use your hands and gently draw up a knee towards your chest.

Keep your other knee straight and lying on the ground.

Complete 2 set Hold 15 seconds

5



PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Complete 2 set Hold 15 seconds

6



HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Complete 2 set Hold 15 seconds

7



STANDING ILIOTIBIAL BAND STRETCH WITH TRUNK SIDE BEND - ITB

In a standing position, cross the affected leg behind your unaffected leg.

Next, with your arm over head, lean to the side towards the unaffected leg.

Complete 2 set Hold 15 seconds