



Shevin Pollydore MD



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



Prone quadriceps stretch with strap

- 1) Begin on your stomach with a strap (can use dog leash or towel) around your ankle
- 2) While maintaining your pelvis flat on the ground, begin to pull the strap to bring your heel closer to your buttocks
- 3) Continue to pull until a mild-moderate stretch is felt in the front part of your thigh (quadriceps)
- 4) Repeat for allotted number of repetitions and perform going in the opposite direction

Repeat 3 Times

Hold 30 Seconds
Perform 1 Times a Day



Supine - Heel Slides

Lying on your back. Bend the affected knee by sliding your heel towards you and back again (teasing the restriction). Repeat.

Repeat 25 Times
Complete 2 Sets

Hold 2 Seconds
Perform 2 Times a Day



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STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 20 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



SLR Abduction/ Side lying Hip Abduction

Acostado de lado, alze su pierna que esta sobre la pierna opuesta/ abajo, hacia arriba, manteniendo su cadaera, rodilla e tobillo alineado/ controlados.

Repeat 20 Times
Complete 1 Set

Hold 1 Second



SLR - Hip Extension

Lie on stomach. Tighten the core muscles and glutes, then lift the leg keeping the knee locked. Raise 2-6 inches. Stop if the trunk arches or twists.

Repeat 20 Times
Complete 1 Set

Hold 1 Second



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SLR - Adduction

Lie on the affected side with the unaffected leg positioned as shown. Tighten the quadriceps and lock the knee. Lift the bottom (affected) leg a couple inches off the floor keeping the knee locked.

Repeat 20 Times

Hold 1 Second

Complete 1 Set



Bridge

-Inhale

-Exhale, and while pulling heels into sit bones, tilt hips posterior and reach your sit bones to the back of your knees, until standing on shoulders

-Inhale, to lengthen back of neck

-Exhale, and relax jaw, throat and sternum

-Begin to roll down

Focus on-

-Trying not to over extend at top of bridge

-not overusing shoulder and neck muscles

-keeping a neutral Spine

Repeat 12 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day



Wall squats with ball

Stand against a wall, feet out in front of you, and a ball between your knees. Squeeze the ball and lower down into a squat position, avoiding pain.

Repeat 20 Times

Hold 2 Seconds

Perform 2 Times a Day



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STEP UP

Start by standing in front of a step/step stool with both feet on the floor. Step forward up the step with one leg and then the other leg. Return to starting position taking a step back towards the floor leading with the same leg.

Repeat 20 Times

Complete 1 Set

Hold 1 Second

Perform 2 Times a Day