

**Notes:** info@bluehillspt.com

**1- Strengthening SLR** - Sets:2 / Repetition:10



Lie on your back with your uninjured knee bent. Tie a weight around the ankle of the affected leg. Raise your leg to 45 degrees, keeping it straight. Slowly lower your leg to the starting position and repeat.

**2- Leg raise/external rot.** - Sets:2 / Repetition:10



Lie on your back with the unaffected knee bent. Slightly rotate the affected leg towards the outside and lift your leg to about 45 degrees while keeping your knee straight. Lower the leg slowly and repeat.

**3- Weighted hip abduction** - Sets:2 / Repetition:10



Strap a weight around your ankle and lie on your side with your head supported and your lower leg bent. Lift the top leg up to about 30 degrees, keeping the foot parallel to the ground and the thigh aligned with the body (do not move it forward as you lift).

**4- Clamshell** - Sets:2 / Repetition:10



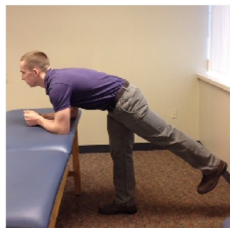
Lie on your side with both legs slightly bent. Lift your top leg (injured leg), keeping your pelvis stable, your leg slightly bent and your heels together. Rotate your hip so that your foot and your kneecap are pointing upward during the movement. Return to the initial position and repeat.

**5- Leg lock glute bridge** - Sets:2 / Repetition:10



Lie on your back with your knee pulled up to your chest. Wrap your hands around your thigh to keep the knee in place. Tighten your abdominal wall. Squeeze your glutes and push into the ground with your heel to lift your hips up. Slowly lower your hips to the ground in a controlled manner. Repeat as indicated.

**6- Pivot Prone Hip Extension** - Sets:2 / Repetition:10



Stand at table, bent from waist and supported on elbows  
Slowly extend one leg backwards with good control  
Avoid arching your back or rotating your hips outwards and upwards  
Hold for a few seconds and then return to starting position

**7- Power skip** - Sets:2 / Repetition:10



You can start the skip with a light jog or from a dead start.  
Lift one knee up explosively and lift both arms at the same time as you jump up and forward on one leg.  
Land on the same leg and switch legs on the ground to skip with the other leg.

**8- Heidens** - Sets:2 / Repetition:10



Start in a comfortable stance with enough space to jump laterally.  
Load your jumping side by getting into your hip, then jump explosively as far as possible to the side.  
Use your arms to assist the movement.  
When landing and during the ground contact time, the support knee must stay inside the foot.  
Try to land softly.  
Repeat immediately on the other leg to return to the starting position.

**9- Side-to-side push-off** - Sets:2 / Repetition:10



Start by standing on one side of the box with one foot on the box and the other on the ground.  
Jump over the box using the foot on the box to push off and assist with both arms.  
Land with the opposite foot on the other side of the box. This foot should land before the one on the ground.  
Immediately repeat the jump when landing.  
You can start doing the exercise using a 6 inches (15cm) box unless specified otherwise. Progress over time by increasing the height of the box.

**10- Jump to box** - Sets:2 / Repetition:10



Start facing the box in a comfortable stance, feet shoulder width.  
Begin with a slight countermovement and jump onto the box using your arms to assist.  
Land on top of the box then step down and repeat.  
You can start doing the exercise using a 6 inches (15cm) box unless specified otherwise. Progress over time by increasing the height of the box.

## 11- Isometric wall squat - Sets:2 / Repetition:10



Squat down against a wall.  
Keep your back flat against the wall, with the knees to 90° and thigh parallel to the floor.  
Maintain the position for the prescribed amount of time.

## 12- Quarter wall squat - Sets:2 / Repetition:10



Stand with your back against a wall with your feet shoulder width apart in front of you.  
Slide down the wall until your knees are flexed about 45 degrees.  
Slide back up to return to the starting position then repeat.

## 13- Walking forward lunges - Sets:2 / Repetition:10



Stand with your knee at hip width, take a step forward bend your knee and hip to 90 degrees.  
Keep your torso and your hip stable and the foot aligned with the knee and the hip. Bring the trailing leg in front to make another step.  
Repeat as indicated.

## 14- Squat with arms forward - Sets:2 / Repetition:10



Stand with both feet hip width apart and facing forward.  
Slowly lower your body into a squat position (knees 90°) while keeping your back straight and your knee caps aligned with your second toes.  
Lean slightly forward just like you were sitting in a chair, keeping your heels on the ground.  
Push through your heels and activate your glutes to come back to standing.  
Repeat.

## 15- Forward lunge - Sets:2 / Repetition:10



Stand with both feet hip width apart.  
Lunge forward, making sure you land with the heel and your knee stays over the foot, with your knee cap in line with the 2nd toe. Move straight down, creating a 90 degree angle at both knees and at the hip.  
Push through the heel and return to the standing position.  
Repeat with the other leg if indicated.

**16- Standing plantar flexion** - Sets:2 / Repetition:10



Stand upright and raise on the tip of your toes.  
Lower yourself and repeat.

**17- Heel Raises (Tib. post.)** - Sets:2 / Repetition:10



Start in a standing position with your feet turned outwards.  
Raise your heels off the ground.  
Lower and repeat.  
You may use a wall or other stable object to hold onto for balance.

**18- Heel raise (Fibularis)** - Sets:2 / Repetition:10



Start in a standing position with your feet turned inwards.  
Raise your heels off the ground.  
Lower and repeat.  
You may use a wall or other stable object to hold onto for balance.

**19- Dorsiflexion, against a wall** - Sets:2 / Repetition:10



Lean against a wall with your feet hip width and slightly in front.  
Keeping the heels on the ground, lift the feet up as high as possible.  
Repeat.