



Hip External Rotation

Start standing on one foot with your leg raised in front of you as if you were taking a step up. Swing your leg out to the side like a door opening keeping your trunk steady and your leg at the same height. Return to the starting position. Repeat as directed.

Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day

HIP ABDUCTION - SIDELYING

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

Video # XVY64MSP5

Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day

STEP UP LATERAL

While standing next to a box or raised surface, step up and to the side on to the surface. Both feet should touch the raised surface. Then step down and onto the floor towards the same side that you started from.

Start on a 4-8 inch step and increase as tolerated.



Video # XVJK59QCZ

Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day



Crossover Step Ups

Standing sideways next to a step, cross the foot furthest away from the step over and onto the step. Step all the way up with the other foot then bring it back down to the floor behind the first foot. Step all the way down and repeat.

Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day