



"Helping you to reach your full potential"

utreach Physio



Exercises:

Glute strengthening work:

- **SIDE CLAM.** Lie on side with your knees bent out in front of you, keep your shoulders, hips and feet in line and your pelvis tilted more towards the bed. Keeping your feet together, raise the top knee until you cannot go any further without rolling your hips back. Repeat 30 times or until fatigue
- From this position straighten both legs out, and keeping the top leg straight, raise it to the half-way point 10 times. Hold the mid position and raise it to the top position and lower back to mid position 10 times. Then finally, do 10 reps full range.
- Lie on front and bend knee to 90 degrees. Slowly raise knee off the bed without letting it turn in or your pelvis twist too much. Hold 3-5 seconds and then lower, repeat 30 times each side
- Hip hitching - raise and lower the opposite leg using just your hip muscles. You can stand on a step sideways and try and get the other leg to drop below step height - do not bend legs.

Quads strengthening:

- **Lunges** - lunge forwards, making sure your knee does not go over your toes. Keep body upright and everything in alignment such as knees hips and feet. Do not let your hips sway out to the side when you do this. From lunge position, stand up onto the leg you have just lunged on and hold for 3-5 secs, and then lunge on the other leg (walking lunge)
- Place a gym ball behind your lower back against the wall. Drop down slowly into a squat so your knees are at 90 degrees, hold 5 seconds and slowly return to an upright position. Repeat 20 times
- Hop and hold - use quads to absorb impact and try and land with just one step (no adjustment movements) - forwards backwards, side to side, diagonals.
- Foam rolling:

