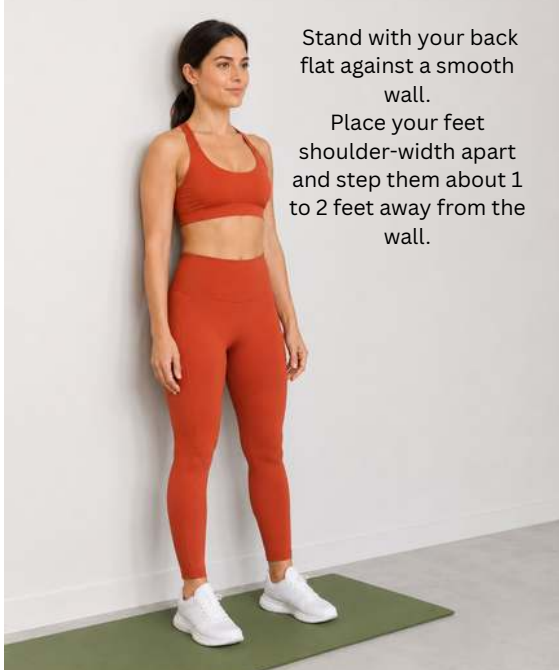


Lie on your side with your hips stacked and your knees bent at a 45-degree angle. Keep your feet together while slowly lifting your top knee toward the ceiling.



Avoid rotating your pelvis or twisting your lower back as you move. Hold the top position for a few seconds, then lower your leg slowly.





Stand with your back flat against a smooth wall.

Place your feet shoulder-width apart and step them about 1 to 2 feet away from the wall.



Slowly bend your knees and slide your back down the wall.

Stop at a shallow angle (a quarter-squat or about a 30- to 45-degree knee bend) when starting out. Do not slide down to a full 90-degree angle if it hurts. Your knees should stay above your ankles, not pushed out past your toes.

Keep your back flat against the wall and hold for 20 to 30 seconds.

Slide back up to stand, rest for 30 seconds, and repeat 3 times.

Lie on your uninjured side with your bottom leg slightly bent for balance.
Keep your top leg straight and aligned with your body.



Lift your top leg upward toward the ceiling, about 30 to 45 degrees.
Lead slightly with your heel while keeping your toes pointed forward, not up.
Hold the top position for 5 seconds, then lower slowly.



Lie on your uninjured side with your bottom leg slightly bent for balance.
Keep your top leg straight and aligned with your body.



Lift your top leg upward toward the ceiling, about 30 to 45 degrees.
Lead slightly with your heel while keeping your toes pointed forward, not up.
Hold the top position for 5 seconds, then lower slowly.



Lie on your back on a mat with your knees bent and your feet flat on the floor,
about hip-width apart.
Keep your arms flat at your sides.



Push through your heels and squeeze your glutes to lift your hips toward the ceiling.
Form a straight line from your shoulders to your knees at the top.
Hold briefly for 2 to 5 seconds, then slowly lower your hips back to the floor.





Stand tall on a low step or box (about 4–6 inches high to start) with your working/affected foot flat near the edge and your other foot hovering off the side.



Slowly bend the knee of the standing leg to lower your floating heel straight down until it gently taps the floor. Keep your kneecap tracking directly over your second toe; do not let your knee cave inward.

Push through the midfoot/heel of your standing leg to straighten back up to the starting position.



