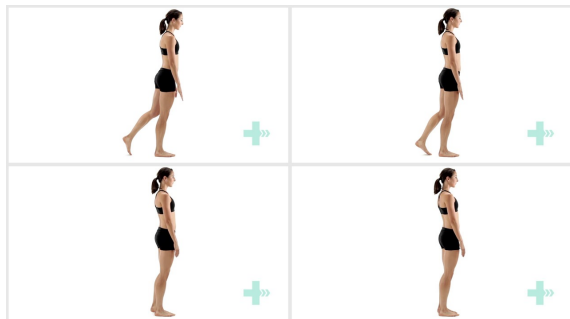


Capital Hydrotherapy
8/2 King Street
Deakin, ACT, 2600

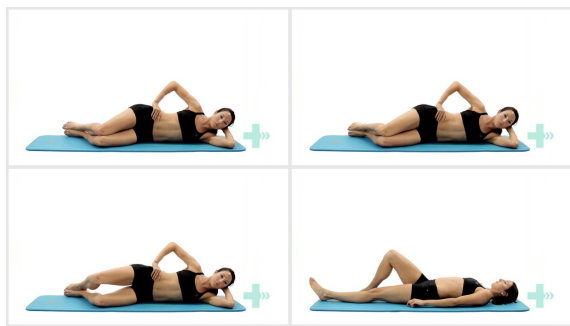
3 Sets / 10 Reps



1. SL body hinge

Stand on your affected leg with the opposite leg extended behind you. Tighten the abdominal and leg muscles as you hinge forward at the waist and raise the back leg. Keep your body and leg in line with one another.

3 Sets / 10 Reps



2. Clam shells

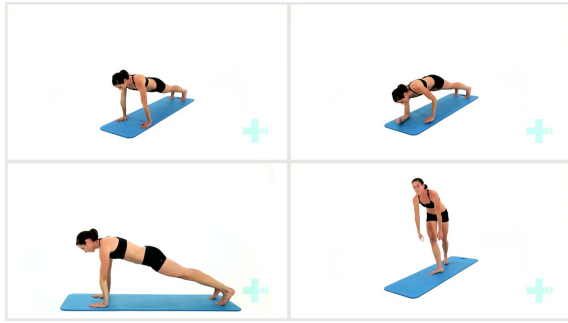
Lie on your side with your feet, ankles and knees together. Bend the legs a little and tighten your core stability muscles. Keeping the feet together, lift the top knee up. Make sure you don't roll your body back with the movement. Control the movement as you bring the knee back down to the starting position.

3 Sets / 10 Reps



3. Hamstring walkout

Lie on your back with your knees bent and feet flat on the floor. Ensure your feet and knees are hip-distance apart. Tighten your buttock and abdominal muscles as you lift your hips up into a bridge position. There should be a straight line from your shoulders to your knees. With your weight in the heels of your feet, start alternately walking one foot, and then the other foot away from your buttocks. Ensure you keep your hips up as high as you can, and your abdominal muscles activated. Relax your upper body and shoulders. At the point your knees are almost straight, alternately walk your feet back into the starting position and repeat.



4. Plank to push-up

Start in a press up position with a straight line from your head to your feet. Keeping your back straight lower yourself down onto your elbows, then push back up on to your hands. Do not allow the back to sag at any point.