

Hip Abductor (gluteus medius)

Turn the foot slightly toward the ceiling. Lift the leg; then lower slowly. Perform repetitions, __ sets, __ times per week.

Hip Abductor (gluteus medius)

Start by lying on your side. Bridge to lift your hip off the floor. This is a more advanced hip abductor exercise. Perform __ repetitions, __ sets, __ times per week.

Hip Adductor (isometric)

Squeeze the ball for eight to ten seconds.

Perform __ repetitions, __ sets, __ times per week.

Hip Adductor

The upper leg should be supported on a bench or stool. Touch the ankle of your lower leg to the knee. Lift the knee off the floor. Hold for five seconds.

Perform __ repetitions, __ sets, __ times per week.

Hip Extensor (gluteus maximus)

Starting position. Lift one leg. Bridge on the other leg to lift the buttocks off the floor. Hold for 8 to 10 seconds. Perform __ repetitions, __ sets, __ times per week.

Eccentric Quadriceps Strengthening

Sit slightly, then touch the heel to the floor; recover the step.

Perform __ repetitions, __ sets, __ times per week.