

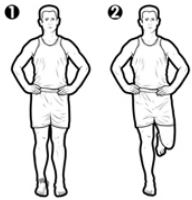


**ISOMETRIC GLUTEUS MEDIUS CONTRACTION**

Stand with your feet apart and slightly turned outwards. Keeping your feet flat on the floor, try and push your legs apart as if you are trying to "spread the floor". Hold the contraction for 5 seconds. Briefly rest and then repeat.

SETS & REPS: 2-3 reps

FREQUENCY: 3-4 x day



**SINGLE-LEG STANDING FOR ALIGNMENT**

In standing bend your knees slightly, then lift the inside arches of your feet without lifting big toes or heels off floor (1). Keep your knee facing forwards over 2nd toe (squeeze your gluteals to help) as you shift weight to that leg and slowly lift the other foot off the floor (2). Stop if your knee starts to rotate inwards or your pelvis drops. Return to the start position and repeat

SETS & REPS: 1 x 10

FREQUENCY: Daily



**SUPINE BRIDGE: HIP ABDUCTION**

Lie on your back with your arms by your side, knees bent, feet on the floor and resistance band looped around your lower thighs (1). Contract your gluteals and push your knees out into the band as you raise your hips up as high as possible (2). Slowly lower and repeat.

SETS & REPS: 1 x 10

FREQUENCY: 3-4 x week



**SIDE-LYING HIP ABDUCTION**

Lie on your side with your bottom leg bent for support and your top leg straight with your hip extended. Raise your leg up as high as you can, keeping your foot parallel to the floor. Ensure you do not hip hitch. Slowly lower and repeat.

SETS & REPS: 1 x 10

FREQUENCY: 3-4 x week

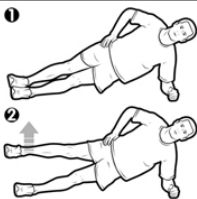


**RESISTANCE BAND HIP ABDUCTION**

Attach a length of resistance band to a fixed object and loop around your ankle. With your knee straight, raise your affected leg out to the side. Slowly return to the start position and repeat.

SETS & REPS: 1 x 10

FREQUENCY: 3-4 x week

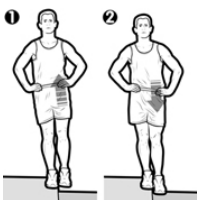


**SIDE PLANK LEG LIFTS**

Side-lying with your elbow directly under your shoulder and feet on the floor, raise your hips up until your body and legs form a straight line (1). Concentrate on keeping your spine in a neutral position and contracting your lower abdominals. Maintain this position as you raise and lower your top leg (2).

SETS & REPS: 1 x 10

FREQUENCY: 3-4 x week



**HIP HITCH**

Stand with one foot along the side of a step and the other foot off the step. Have your stance knee slightly bent and abdominals tensed. Hitch your pelvis up so that your free foot rises above your stance foot (1). From here, SLOWLY lower your pelvis so that your free foot drops below the stance foot (2). Return to position (1) and repeat.

SETS & REPS: 1 x 10

FREQUENCY: 3-4 x week



**SINGLE-LEG ROMANIAN DEADLIFT**

Standing, with your front leg slightly bent (1). Bend forward at the hips keeping your spine straight and knee slightly bent (2). Use your hips to extend yourself back to the start position. Repeat.

SETS & REPS: 1 x 10

FREQUENCY: 3-4 x week