

Core Strengthening Exercises:



Hip abductor (**gluteus medius**). Turn the foot slightly toward the ceiling. Lift the leg; then, lower slowly. Perform 30 repetitions, 3 sets, 3-5 times per week.



Hip abductor (**gluteus medius**). Start by laying on your side. Bridge to lift the hip from the floor. This is a more advanced hip abductor exercise. Hold each Repetition 8-10 seconds. Perform 8-10 repetitions, 3 sets, 3-5 times per week.



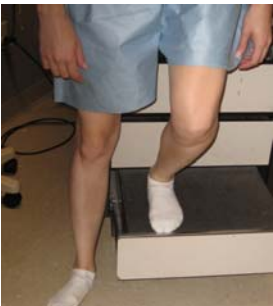
Hip adductor (isometric). Hip shift. Shift (or pull) the hip back. Hold that position for 30 seconds. Repeat 3-4 times



Hip extensor (**gluteus maximus**). Starting position.

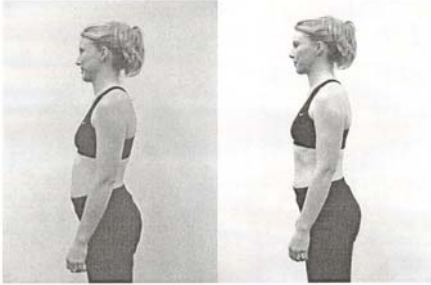


Lift one leg. Bridge on the other leg to lift the buttocks from the floor. Hold 8-10 seconds. Perform 8-10 repetitions, 3 sets, 3-5 times per week.



Eccentric quadriceps strengthening. Keep back straight. Step down Sideways, touching the heel to the floor; recover to the step (starting Position). Perform exercise for 30-45 seconds, 3 sets, 3-5 times per week.

Core Strengthening Exercises: lower abdominal muscles



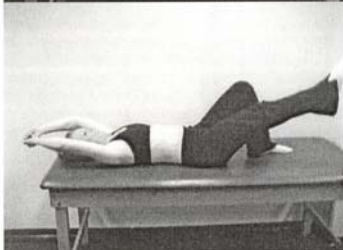
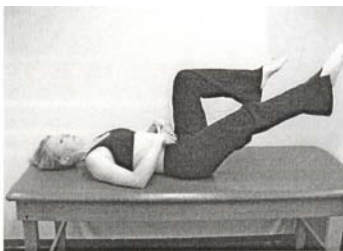
Perform this exercise repeatedly over the course of the day, holding the posture for 30 seconds or more.



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“Dead bug” exercises. The key to the exercise is to keep the “small” of the back flat (in contact with the floor). Try to sustain the activity for 30 seconds or more. Perform 3 sets of this activity.