

1



PATELLA LATERAL GLIDE - SELF MOBILIZATION

Place your hand along the inner edge of your knee cap and slide it outward toward the side.

Repeat 5 Times
Hold 10 Seconds
Perform 2 Time(s) a Day

5



FIRE HYDRANT - QUADRUPED HIP ABDUCTION

Start in a crawl position and raise your leg out to the side as shown. Maintain a straight upper and mid back.

Repeat 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day

2



PATELLA MEDIAL GLIDE - SELF MOBILIZATION

Place your hand along the outer edge of your knee cap and slide it inward toward your midline.

Repeat 5 Times
Hold 10 Seconds
Perform 2 Time(s) a Day

3



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Repeat 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day

4



WALL SQUATS

Leaning up against a wall or closed door on your back, slide your body downward until your knees are at a 45-50 degree angle (as low as you can pain free and then return back to upright position).

Repeat 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day