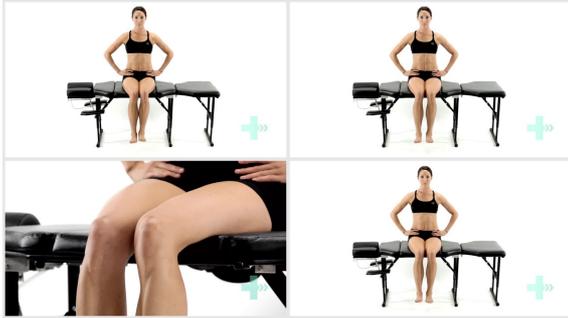


Pure Physiotherapy  
963 Penistone Road  
Hillsborough  
Sheffield, S6 2DH

Complete 3x per week (Mon,Wed,Fri)  
always give a days rest between exercises

Next appt 9.20 28/05/2020

3 Sets / 8 Reps



**1. PSOAS activation seated**

Start in a seated position with feet dangling and place hands on hips. Activate the Psoas muscle but lifting your knee and thigh slightly off the table, taking caution not to shift your weight into the opposite hip. This is a very subtle movement. Do not use your hands to help lift the leg off the table.

*sitting without FEET DANGLING*

*Keep back straight and lift knee up as far as you feel you can. Hold for 5 seconds and lower, do 8 on 1 side and then 8 on the other*

3 Sets / 8 Reps



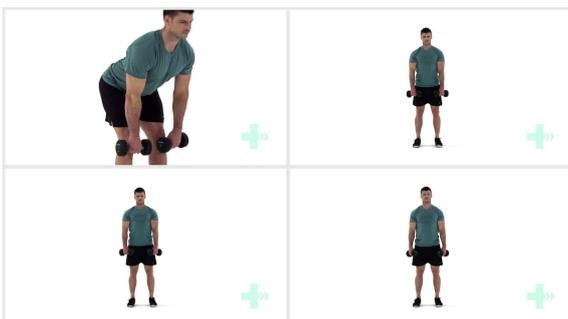
**2. Seated adduction ball squeeze**

Start in a seated position. Place a ball between your knees. Squeeze your knees together, placing pressure on the ball while activating the inner thigh muscles.

*5 SECOND SQUEEZE*

*does not have to be a ball can use a pillow, cushion, towel or anything you have to hand*

3 Sets / 8 Reps / 2lbs weight



**3. Stiff leg deadlift - with dumbbells**

Stand with your knees slightly bent, holding a pair of dumbbells with an overhand grip. Hinge forward at the waist, keeping your back straight and lower the dumbbells towards your shin. Contract your gluteus and hamstrings and return to a standing position.

*NO WEIGHTS*

*buttocks against the wall with slight knee bend then lower hands down thighs as far as you can, pull from the lower back to stand back up.*



#### 4. Wall squats

Lean against a wall, with your feet away from the wall and shoulder width apart. Your back and buttocks should remain in contact with the wall throughout. Slide down the wall, aiming to reach horizontal with your thighs. Your knees should be at 90 degrees at this point. Push yourself back up the wall, driving the movement with your buttock muscles. *slowly lower then push back up through heels and squeeze buttock,*