

PHASE I

- ❖ Heel Slides
- ❖ Supine Hip ABD/ADD
- ❖ Gravity assisted AROM Heel slides
- ❖ Quad set with eccentric TKE
- ❖ Glute sets with Hip flexion/ER
- ❖ SAQ/TKE with resistance bands

PHASE II

- ❖ Heel slides with resistance bands
- ❖ Supine Hip ABD with resistance bands
- ❖ Supine Resisted Hip ABD/ADD
- ❖ Resisted Glute sets with Hip Flexion/ER
- ❖ AAROM Hip ER with Resisted Hip ABD in hooklying
- ❖ TAC Bridge on reduced friction surface
- ❖ Unilateral Bridge on reduced friction surface

