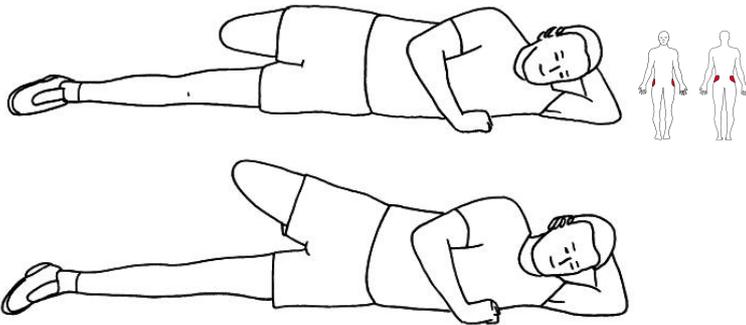


1. Side lying hip extension

Lie on your side. Push your upper hip backwards as far as you can go. Be careful not to let your back arch whilst pushing your leg back. Return to the initial position in a controlled motion. Repeat on both sides.

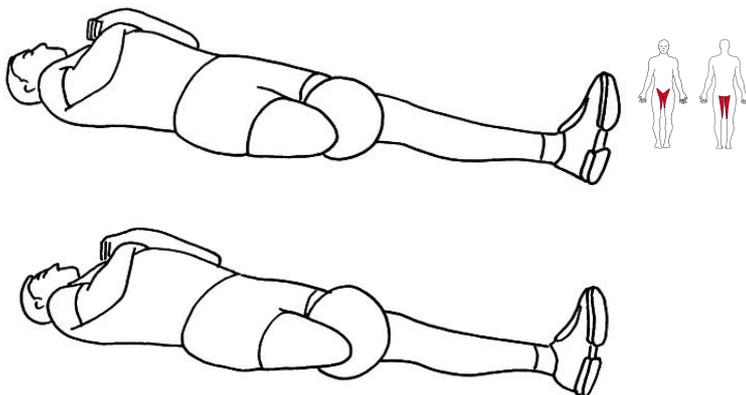
Sets: 3 , Reps: 12



2. Side Lying Hip Abduction

Lie on your side and support your head with one of your hands. Raise the upper leg slowly up and down. Make sure the leg is straight in line with your body or slightly behind it and that all movement happens in your hip. Repeat on the other side.

Sets: 3 , Reps: 12

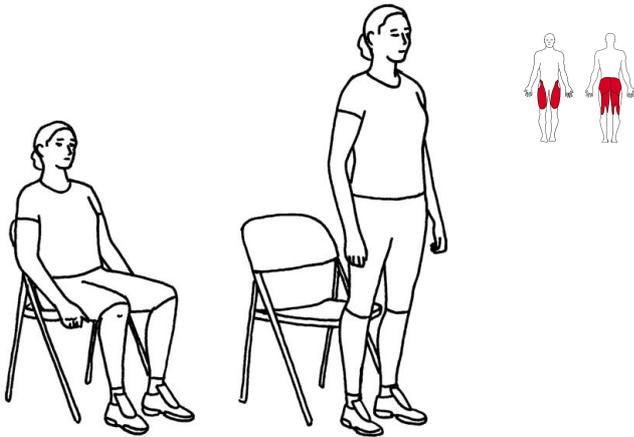


3. Ball Squeeze

Lie on your back with a small ball between the stump and the remaining leg. Press your legs inward to squeeze the ball and release slowly.

Sets: 3 , Reps: 12

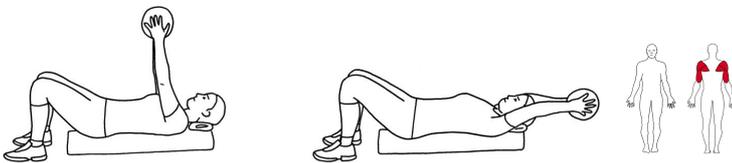




4. Stand to sit

Sit on a chair, support yourself on the seat with both hands, place your feet underneath the chair seat. Move your torso forward and stand up by pushing with your legs. To sit down **SLOWLY** (count of 4) lower on to the chair with control.

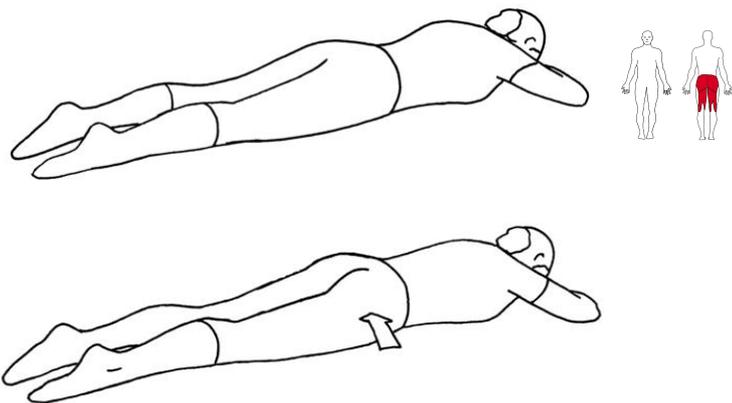
Sets: 3 , Reps: 10



5. Overhead ball lower

Lie on your back. You may place a rolled up towel under your head for support. The legs can be bent or straight. Hold a ball in front of the body with straight arms. Squeeze your core and slowly lower the ball towards the floor above your head in a controlled manner. Keep the arms straight throughout the exercise. Return to the starting position.

Sets: 3 , Reps: 10



6. Glute squeeze

This can be done laying on your front or back or sat in a chair. Squeeze your buttocks together and hold for 5 seconds each time.

Sets: 3 , Reps: 12

