

Pro-align, Sydney

Injury Profile: band & Glutes for Pro- Align

Last Updated: Tue Jul 10 2018 07:16:06 GMT+0100 (BST)

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

**Frequency:** It has been recommended that you perform this rehabilitation plan on: Tuesday and Thursday

### Bridge-Band Around Knees



15

Reps

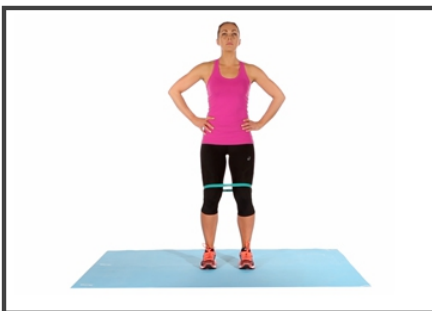
2

Sets

- Lying with knees bent and arms at sides with a resistance band around the knees
- Engage trunk muscles to stiffen the spine and pull knees apart slightly
- Breath in and raise hips off the floor until knee hip and shoulder are in a straight line
- Keep the knees pulled apart and hold
- Exhale and return to start position
- add a knee opening motion at the top of the bridge to increase work in the side of the hip

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### Lateral Band Walks - around knees



6

Reps

- Place a resistance band around the legs at the knees
- Perform a small squat/waiters bow keeping the legs apart and knees in line with the 2nd toe
- Lift 1 leg to the side to take up the tension on the band
- Keeping the legs apart and in squat stance, step to the side repeatedly then back again
- aim to keep the pelvis level as you travel sideways

[Watch Video](#)

## Gluteal Activation-Resisted Band Squat



15

Reps

2

Sets

- Feet shoulder width apart
- Keeping back in neutral by engaging lower abdominals
- Slowly “sit down” into a shallow squat position bending at hips first
- Keep the weight through the middle of the foot and knee caps tracking over the 2nd toe
- ensure a long spine and hinging through the hip joints

[Watch Video](#)

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider/therapist. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice and guidance from your provider if you experience any discomfort during this exercise routine.