

Week 2 - Phase 1 Rehab Program

To be completed 4x per week for approximately 2 weeks

- Bike/Cycle - 15 min mild resistance
- Inversion & Eversion Isometric Contractions @ 15-25% 3 sets, 5 reps, 5 second hold
- Isometric Glut Bridge Hold - 3 sets of 30 seconds
- Isometric Glut Bridge March - 3 sets of 30 steps
- Lemniscaat - @ 50% contraction. 3 sets of 20 seconds
- Lateral Walks - 20 steps each direction x 3
- Wall Squat (Above 90 degrees) - 3 sets of 30 seconds

Please note that this does not include any recovery process or treatment that I am currently receiving or have completed. This includes but is not limited to the following:

- Graston/Active Release/Manual Work/Massage
- Laser Treatment
- Ice/Heat
- Infrared Sauna
- Acupuncture