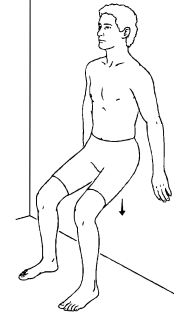




HIP / KNEE - 25 Strengthening: Wall Slide

Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 30 seconds. Tighten thigh muscles and return.

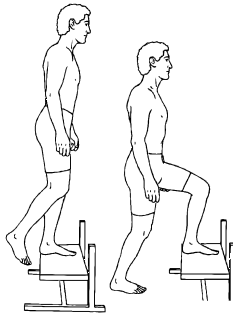
Repeat 5 times per set.
 Do 1 sets per session.
 Do 1 sessions per day.



HIP / KNEE - 52 Step-Down / Step-Up

Stand on stair step or 6-8 inch stool. Slowly bend left leg, lowering other foot to floor. Return by straightening front leg.

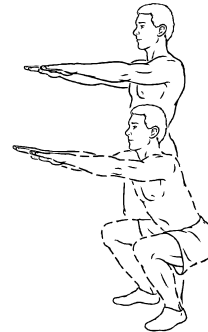
Repeat 10-20 times per set.
 Do 1 set per session, per leg.
 Do 1 session per day.



HIP / KNEE - 79 Deep Squat

Stand with feet shoulder width apart and squat deeply, head and chest up.

Repeat 30 times per set.
 Do 1 sets per session.
 Do 1 sessions per day.

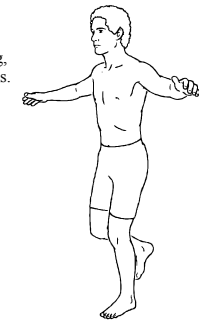


ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on left leg, eyes open. Hold 30 seconds.

Repeat 1 times per set.
 Do 1 sets per session.
 Do 1 sessions per day.

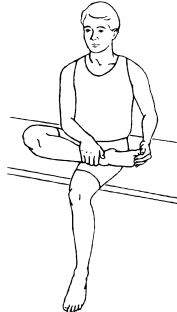
Perform exercise with eyes closed (if able to do so safely)



LOWER LEG - 3 Ankle - Dorsiflexion / Toe Extensors

Grasping top portion of foot, pull foot back until stretch is felt. Hold 30 seconds. Repeat with other foot.

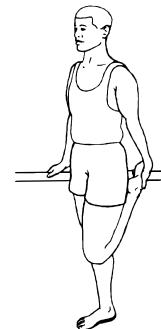
Repeat 1 times.
 Do 1 sessions per day.



UPPER LEG - 2 Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Hold 30 seconds. Repeat with other heel.

Repeat 1 times.
 Do 1 sessions per day.



HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 30 seconds.

Repeat 1 times per set.
 Do 1 sets per session.
 Do 1 sessions per day.

