

1



STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Your back knee should be straight the entire time.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Day

5



ELASTIC BAND LATERAL WALKS

With an elastic band around both ankles, walk to the side 10 feet to the right and then 10 feet to the left while keeping your feet spread apart. Keep your knees bent the entire time.

Repeat 10 Times
Complete 2 Sets
Perform 4 Time(s) a Week

2



Isometric Hip Abduction on Wall

Standing next to wall, pick up leg closer to wall and push the side of your knee into the wall. Relax and bring leg back down before next rep.

Repeat 10 Times
Hold 7 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

6



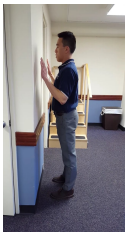
STEP DOWN - FORWARD

Start with both feet on top of a step/box. Next, slowly lower the unaffected leg down forward off the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes.

Repeat 10 Times
Complete 2 Sets
Perform 4 Time(s) a Week

3

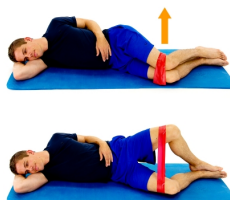


Nose to Wall - Bilateral

Stand on one leg facing a wall. Stand 4 inches from the wall. Keep your body and leg straight. Slowly lean forward, trying to touch your nose to the wall. Make sure you do not bend forward at your waist.

Repeat 10 Times
Complete 3 Sets
Perform 2 Time(s) a Day

4



ELASTIC BAND - SIDELYING CLAM-

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day