

Supine Heel Slide with Strap



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** 3 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Begin lying on your back with a strap looped around your foot on the affected side. Grasp the strap and pull so your foot moves towards your buttock and your knee bends into a stretch while keeping your heel in contact with the table. Pull until you feel a moderate stretch and stay within a tolerable pain level. Hold for prescribed amount of time then slowly lower back the starting position. Repeat as prescribed. Tip: Be sure to keep your foot and knee in line with your hip.

Side Lying Hip Abduction



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Position: Side Lying. Movement: Begin by lying on your side. Bend your bottom leg and keep your top leg straight. Slowly lift your straightend top leg, while keeping your toe pointed down/heel toward the ceiling. Slowly bring to your starting position. Relax and repeat as directed. Perform on other side. Tips: Keep your hip extended, try not bend at the waist with your top leg

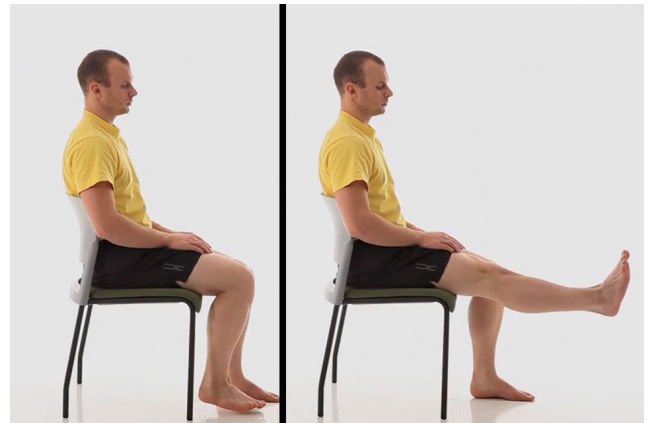
Bridges with Lumbar Stabilization



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** 3 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Begin by lying with knees bent and both feet placed on the floor with arms at your sides. Tighten your abdominals by drawing your belly button in toward your spine. Keeping the stomach tight, raise your hips off the surface by squeezing your gluteal muscles. Attempt to bring the hips up as far as you can while maintaining the abdominal contraction. Return to starting position. Repeat as directed.

Seated Knee Extensions (Long Arc Quads)



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** 3 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Sit with both feet on the floor. On the side you wish to exercise, lift the foot off the floor so that the knee is straight and parallel to the floor. Slowly let the foot return back to the floor. Repeat as directed.

Seated Knee Extension Stretch (2 chairs)



Sets: -- **Reps:** -- **Resistance:** -- **Hold:** 2-5 min **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Start by sitting with a chair, or other object, to prop your foot on, in front of you. The chair should be of equal height so that your leg (if it were straight) would be parallel with the floor. Place leg you wish to stretch onto chair in front of you and allow gravity to pull your knee into an extended position. Hold and repeat as directed.

Mini Squats with Chair



Sets: -- **Reps:** 10-15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

Description: Begin by standing with a chair directly behind but not touching you and feet shoulder width apart. Squat by bending from your hips and then knees like you were going to sit back in a chair while simultaneously bringing arms straight out in front of you and parallel to the floor. Squat down a few inches, until knees are bent to about a 45-degree angle. Return to stand while lowering arms back to side. Repeat as directed. Tip: keep your feet flat and do not allow your knees to go in front of your toes.