

Stretch Hip flexors leg abd supine

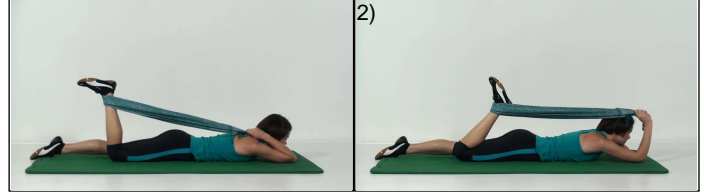


- Lie on back on bed.
- Slowly drop one leg off side of bed with knee bent.
- Pull other knee to chest and hold with both hands.

Perform 4 sets of 12 second(s), twice a day.

Hold exercise for 12 Seconds.

Stretch Quads prone w/towel

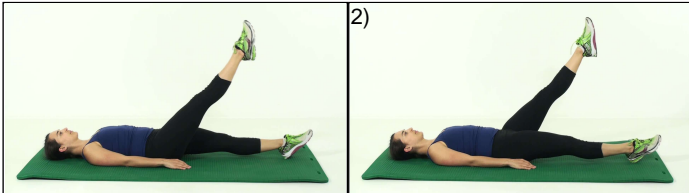


- Lie face down.
- Bend knee and loop towel around ankle.
- Gently pull towel to stretch muscle on front of thigh.

Perform 4 sets of 12 second(s), twice a day.

Hold exercise for 12 Seconds.

AROM hip flx (SLR) supine legs straight



- Lie on back with legs straight.
- Tighten abdominal muscles and keep low back against floor.
- Raise left leg as high as possible while keeping both legs straight.
- Return to starting position.
- Repeat with other leg.

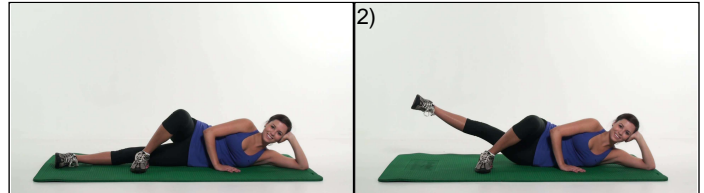
Special Instructions:

Keep low back flat against floor throughout the entire motion of raising and lowering leg.

Perform 4 sets of 12 repetition(s), twice a day.

Hold exercise for 3 Seconds.

AROM hip add sidelying



- Lie on involved side.
- Bend knee of upper leg, placing foot flat on floor in front of lower leg.
- Keep involved leg straight.
- Lift leg upward.
- Return to starting position.

Special Instructions:

Try not to move pelvic area during the leg lift.

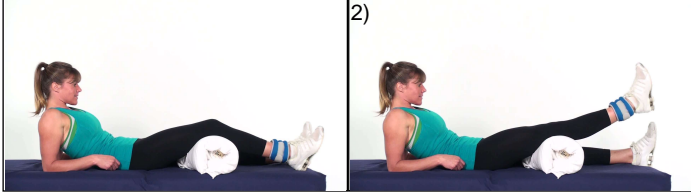
Perform 4 sets of 12 repetition(s), twice a day.

Hold exercise for 3 Seconds.

Issued By: Michael Henry

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.

Resist knee ext (SAQ) w/wt

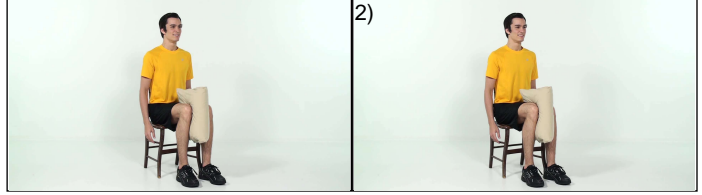


- Place weight on ankle of involved leg.
- Position knee over pillow, bending to about 30 degrees, as shown.
- Straighten knee fully.
- Return to start position and repeat.

Perform 4 sets of 12 repetition(s), twice a day.

Hold exercise for 3 Seconds.

Iso hip add sit w/pillow



- Sit in chair or on firm surface with towel roll or pillow between knees.
- Squeeze legs together.

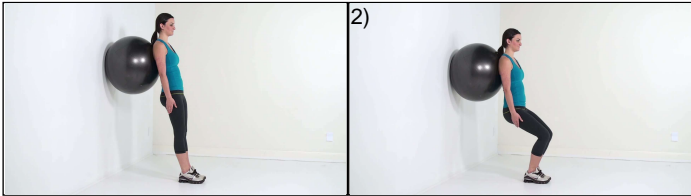
Special Instructions:

Do not hold breath.

Perform 1 set of 30 repetition(s), twice a day.

Hold exercise for 5 Seconds.

AROM knee wall slide bil partial w/Ball



- Place ball between back and wall.
- Slowly bend knees to 45 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat.

Special Instructions:

Maintain proper low back posture.

Perform 4 sets of 12 repetition(s), twice a day.

Use Ball.

Hold exercise for 3 Seconds.

AROM stance uni w/foam eyes open



- Stand on foam square with arms at side.
- Lift one leg and balance on one leg.

Special Instructions:

If needed to maintain balance, lift arms out to sides.

Perform 4 sets of 30 second(s), twice a day.

Hold exercise for 30 Seconds.

Rest 30 Seconds between sets.

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