HOME
EXERCISE
PROGRAM

SHORT ARC QUAD

SAQ

INSTRUCTIONS

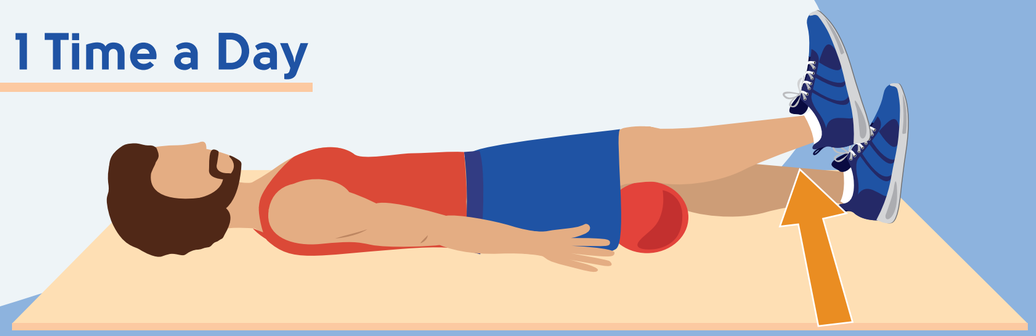
Place a rolled up towel or object under your knee and slowly straighten your knee as your raise up your foot. Lower back down and repeat.

REPEAT 10 Times

HOLD 5 Seconds

COMPLETE 2 Sets

PERFORM 1 Time a Day



STRAIGHT LEG RAISE

SLR

INSTRUCTIONS

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

REPEAT 10 Times

HOLD 5 Seconds

COMPLETE 2 Sets

PERFORM 1 Time a Day

HIP FLEXION ISOMETERIC

SINGLE LEG

INSTRUCTIONS

While lying on your back, raise up a knee and press it into your hands.

REPEAT 10 Times

HOLD 5 Seconds

COMPLETE 2 Sets

PERFORM 1 Time a Day

BRIDGING

INSTRUCTIONS

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

REPEAT 10 Times

HOLD 5 Seconds

COMPLETE 2 Sets

PERFORM 1 Time a Day

BRACE - BICYCLE UNSUPPORTED

INSTRUCTIONS

While lying on your back with your knees bent, raise up both feet and straighten one out in front of you. Then return the leg back and straighten the other. Use your stomach muscles to keep your spine from moving.

REPEAT 10 Times

HOLD 0 Seconds

COMPLETE 2 Sets

PERFORM 1 Time a Day

ABDUCTION BILATERAL

INSTRUCTIONS

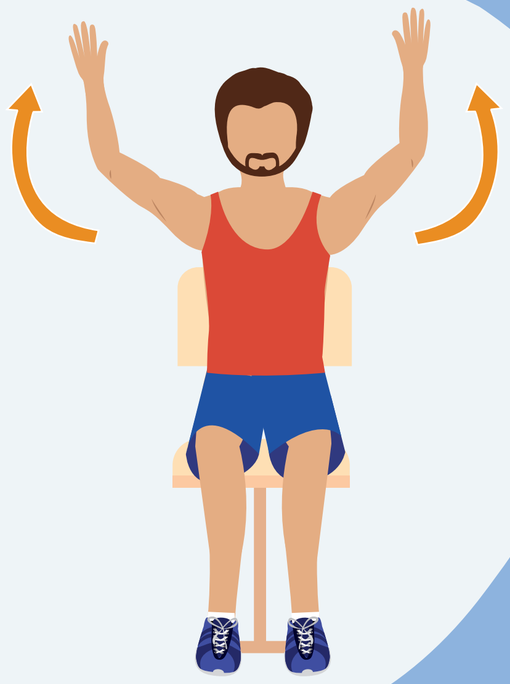
Move both arms out to the side and upwards. Then return to the starting position. Use controlled smooth movements.

REPEAT 10 Times

HOLD 1 Second

COMPLETE 2 Sets

PERFORM 1 Time a Day



SIT TO STAND
NO SUPPORT

INSTRUCTIONS

Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or other object.

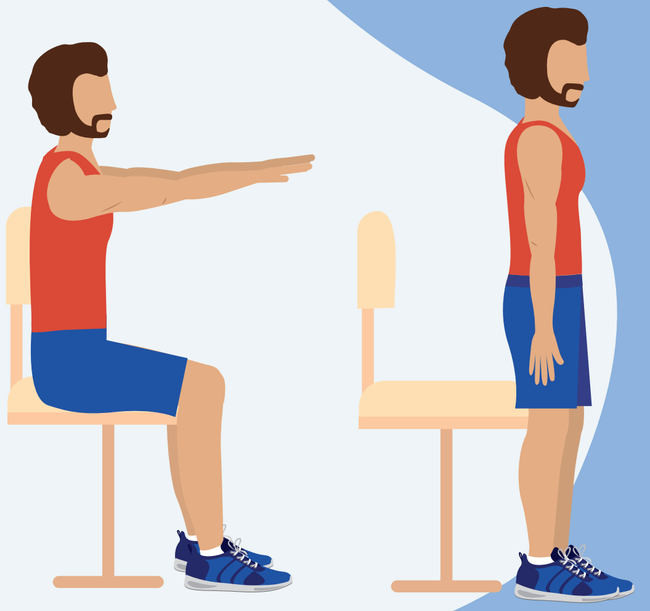
Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

REPEAT 10 Times

HOLD 1 Second

COMPLETE 1 Set

PERFORM 1 Time a Day



SINGLE LEG STANCE

SLS

INSTRUCTIONS

Stand on one leg and maintain your balance.

REPEAT 10 Times

HOLD 5 Seconds

COMPLETE 2 Sets

PERFORM 1 Time a Day

STANDING SIDE BEND STRETCH

INSTRUCTIONS

Start in a standing position. Next, bend your trunk to the side as you slide your hand down the side of your legs. Do not bend forward or back. Try and move your spine directly to the side. Return to upright standing. Repeat and alternate movements to both sides.

REPEAT 10 Times

HOLD 5 Seconds

COMPLETE 2 Sets

PERFORM 1 Time a Day

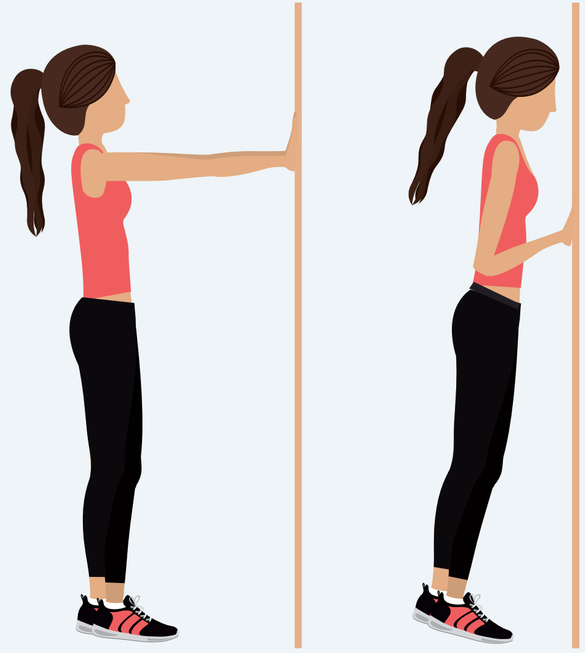
WALL PUSH UPS

INSTRUCTIONS

Standing at a wall, place your arms out in front of you with your elbows straigh so that your hands just reach the wall. Next, bend your elbows slowly to bring your chest closer to the wall. Maintain your feet planted on the ground the entire time.

REPEAT 10 Times

HOLD 1 Second

COMPLETE 2 Sets

PERFORM 1 Time a Day