HOME EXERCISE PROGRAM
PLACE A ROLLED UP TOWEL OR OBJECT UNDER YOUR KNEE AND
SLOWLY STRAIGHTEN YOUR KNEE AS YOU RAISE UP YOUR FOOT.
LOWER BACK DOWN AND REPEAT.

INSTRUCTIONS

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

**INSTRUCTIONS**

**Repeat** 10 Times  
**Hold** 5 Seconds  
**Complete** 2 Sets  
**Perform** 1 Time a Day
BRIDGING

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.

**INSTRUCTIONS**

- **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
- **COMPLETE**: 2 Sets
- **HOLD**: 1 Second
- **PERFORM**: 1 Time a Day
- **2 Sets**
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
Standing at a wall, place your arms out in front of you with your elbows straight 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.

**INSTRUCTIONS**

- **REPEAT** 10 Times
- **HOLD** 1 Second
- **COMPLETE** 2 Sets
- **PERFORM** 1 Time a Day