

Total 7



WALL SQUATS

Leaning up against a wall or closed door on your back, slide your body downward and hold for 15-20 seconds. Return back to upright position.

A door was used here because it was smoother and had less friction than the wall.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 5 Times
Hold 15 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



SQUAT with ball or weight

Start with feet shoulder width apart and holding a ball/ or weight at your chest level. Next, squat down while holding the ball/ weight at your chest the entire time.

Keep your back straight and stomach tight.

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



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: Keep the knee relatively straight without movement of the knee inward toward the other leg.

Look up or forward (not down) Keep trunk and hip alignment neutral (not what is pictured)

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

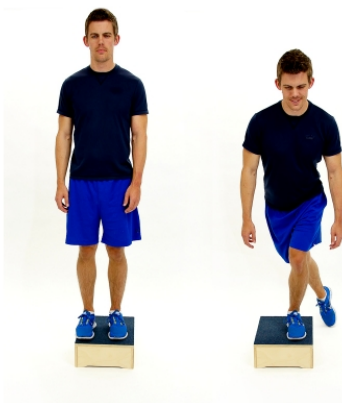


SINGLE LEG SQUAT - FOOT PROPPED

Stand on your target leg and place your other foot propped up on a chair or other low object behind you as shown. Next, bend your knee and lower your body towards the floor. Return to a standing position.

Your target knee should bend in line with the 2nd toe.

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



SINGLE LEG STANCE ON STEP - CLOCK REACH SLS

Begin by standing on a step with both feet. Next, stand on one leg and balance yourself. Then, reach your leg behind and across the stance leg as shown touching your toes to the floor and then return to original position.

Repeat 5 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



ELASTIC BAND LATERAL WALKS - PROXIMAL

With an elastic band around your thighs, take steps to the side while keeping your feet and knees apart. Keep your knees bent the entire time.

Try to perform 10-20 steps in each direction.

Do not let torso rock side to side to be sure you are using your legs only.

Repeat 1 Time
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day



SINGLE LEG DEAD LIFT

While standing on one leg, bend forward towards touching the ground as you extend your leg behind you. Then return to the original position.

Perform slowly and with control to work on balance and hamstring control.

Keep your legs straight and maintain your balance the entire time. Keep spine straight and chest up

Repeat 5 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day