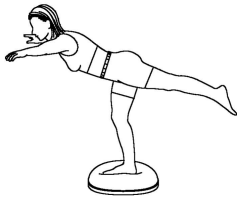


AROM hip single leg balance w/BOSU

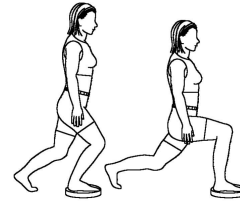


- Stand on BOSU.
- Extend one leg backward while leaning forward and raising arms out to sides.
- Hold and balance.
- Repeat.
- Perform sets on standing on opposite leg.

Perform 5 sets of 1 Minute, Tu, Th, Sa.

Use BOSU.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM knee lunge w/cushion disk



- Stand with one foot on cushion disk in a split stance as shown.
- Perform a lunge squat until back shin is parallel to floor and keeping front knee over front foot.
- Return to start position and repeat.
- Repeat series with other leg on disk.

Perform 3 sets of 20 Repetitions, Tu, Th, Sa.

Use Wheel.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM ankle PF uni stand on step

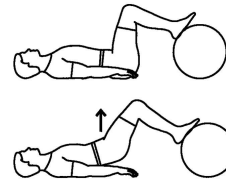


- Stand on step with involved foot, holding on to banister for balance.
- Push up on ball of foot.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, Tu, Th, Sa.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar bridging hamstring bil w/ball

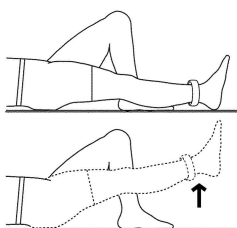


- Lie on back.
- Place feet on ball.
- Lift buttocks off the floor.
- Lower and repeat.

Perform 3 sets of 20 Repetitions, Tu, Th, Sa.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist hip flx (SLR) supine w/wt

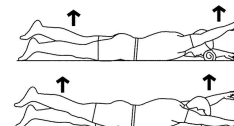


- Lie on back with uninvolved knee bent as shown.
- Place weight on ankle of involved leg.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.

Perform 3 sets of 10 Repetitions, Tu, Th, Sa.

Use 4 Lbs.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar ext alt arm/leg prone



- Lie face down, with towel roll under forehead, arms outstretched over head as shown.
- Raise left arm and right leg up.
- Lower and repeat with right arm/left leg.
- Return to start and repeat the series.

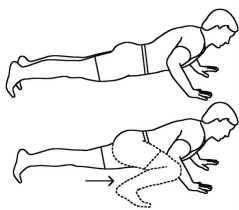
Special Instructions:

Progress by holding 2-3 seconds.

Perform 3 sets of 20 Repetitions, Tu, Th, Sa.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Dynam hip flx/abd prone

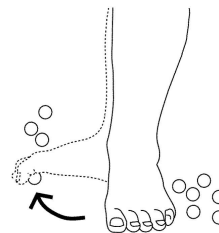


- Begin lying on hands and toes, keeping body off of floor.
- Bring leg up toward elbow and return.
- Bring other leg toward elbow and return.
- Repeat.

Perform 1 set of 5 Repetitions, Tu, Th, Sa.

Perform 1 repetition every 4 Seconds.

Resist toe flx w/marbles



- Place 10 marbles on floor to side of foot.
- Pick up each marble, one at a time,
- And place on other side of foot.

Perform 3 sets of 10 Repetitions, Tu, Th, Sa.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch Piriformis longisit

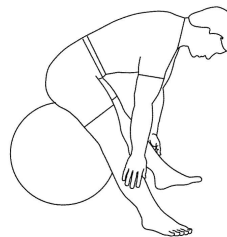


- Sit with one knee bent, ankle to inside of extended leg, as shown.
- Grasp knee and pull thigh across toward opposite shoulder.
- Relax and repeat with other leg.

Perform 1 set of 4 Repetitions, Tu, Th, Sa.

Hold exercise for 20 Seconds.

Stretch hamstring/adductors bil sit w/ball



- Sit on ball with thighs apart, feet in front.
- Place hands on thighs.
- Slowly lean forward and slide hands toward ankles as far as possible.
- Repeat.

Special Instructions:

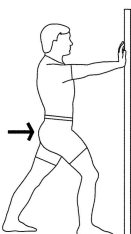
Keep low back straight.

Perform 1 set of 4 Repetitions, Tu, Th, Sa.

Use Ball.

Hold exercise for 20 Seconds.

Stretch Gastroc uni standing

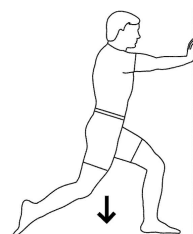


- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 4 Repetitions, Tu, Th, Sa.

Hold exercise for 20 Seconds.

Stretch ankle PF stand

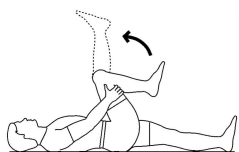


- Stand at wall.
- Place top of involved foot down, toes pointed, as shown.
- Slowly lower body until stretch is felt in front of foot.
- Hold, relax and repeat.

Perform 1 set of 4 Repetitions, Tu, Th, Sa.

Hold exercise for 20 Seconds.

Stretch hamstrings supine active



- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Repeat with other leg.

Perform 1 set of 4 Repetitions, Tu, Th, Sa.

Hold exercise for 20 Seconds.

Issued By: The Fitness Team

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Stretch Quads standing



- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

Special Instructions:

Keep thigh straight in line with body, do not bend at hip.

Perform 1 set of 4 Repetitions, Tu, Th, Sa.

Hold exercise for 20 Seconds.