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.
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<td><strong>Dynam hip flex/abd prone</strong></td>
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| • 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 flex 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 longsit** |
| • 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  
These exercises are to be used only under the direction of a licensed, qualified professional.
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.