Exercise Program For: RTF July

These exercises are to be used only under the direction of a licensed, qualified professional.
Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.
### AROM hip ext straight leg w/ball

- Lie on back with ankles on ball.
- Bridge up as shown.
- Lower and repeat.

**Perform _____ sets of _____ repetitions every _____________.**

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

### AROM knee wall slide VMO bil full w/Ball

- Place ball between back and wall.
- Place small ball between knees and squeeze
- Slowly bend knees to 90 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat.

**Special Instructions:**
Maintain proper low back posture.

**Perform _____ sets of _____ repetitions every _____________.**

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

### Resist hip ER sidelying w/elastic

- Lie on side with knees bent and elastic looped around thighs just above knees.
- Keep heels together and lift top knee upward.
- Lower and repeat.
- Repeat series lying on other side and raising other leg.

**Perform _____ sets of _____ repetitions every _____________.**

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

### Resist hip abd uni stand w/elastic

- Attach elastic to secure object at ankle level.
- Stand with involved leg away as shown.
- Keep knee straight, pull away, moving leg outward.
- Slowly return to start position.

**Special Instructions:**
Keep back straight.

**Perform _____ sets of _____ repetitions every _____________.**

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

### Resist hip add uni stand w/elastic proximal

- Attach elastic to secure object.
- Loop elastic around thigh of involved leg, slightly above knee.
- Stand on uninvolved leg.
- Keep knee straight and move involved leg inward as shown.
- Return to start position and repeat.

**Perform _____ sets of _____ repetitions every _____________.**

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

### Resist hip flx (sitting SLR) w/weight

- Sit in chair with leg supported on stool.
- Place weight on ankle.
- Lift leg slightly, keeping knee straight.
- Lower and repeat.

**Perform _____ sets of _____ repetitions every _____________.**

Use 2 Lbs.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.
Stretch Iliocostalis kneeling

- Kneel on heels to stabilize hips.
- Lean forward, arms over head, as shown.
- Slowly walk hands to the side until stretch is felt.
- Repeat to other side.

Perform _____ sets of _____ repetitions every __________.
Hold exercise for 20 Seconds.

Stretch Piriformis supine w/hip flx

- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.

Perform _____ sets of _____ repetitions every __________.
Hold exercise for 20 Seconds.

Stretch hamstrings supine w/towel

- Lie on back holding a towel looped under foot with knee straight, as shown.
- Gently pull leg up.
- Repeat with other leg.

**Special Instructions:**
Maintain a straight knee.
Perform _____ sets of _____ repetitions every __________.
Use Towel.
Hold exercise for 20 Seconds.

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 _____ sets of _____ repetitions every __________.
Hold exercise for 20 Seconds.