

QUADRICEPS - 1 Squat

In shoulder width stance, anchor tubing under feet. Palms forward at shoulder height. Squat, keeping back straight.

Repeat 12 times per set.
Do 2-3 sets per session.
Every other day.



HIP / KNEE - 26 Strengthening: Resisted Hip Adduction

Bring leg across body, and slowly return to starting position.

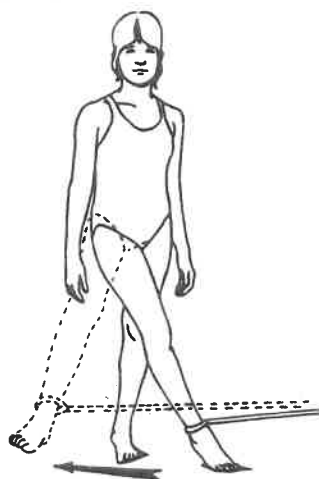
Repeat 12 times. 2-3 sets
Every other day



HIP / KNEE - 31 Strengthening: Resisted Hip Diagonal

With tubing around ankle and other end secured in doorjamb, extend leg out to the side, hold on to the door

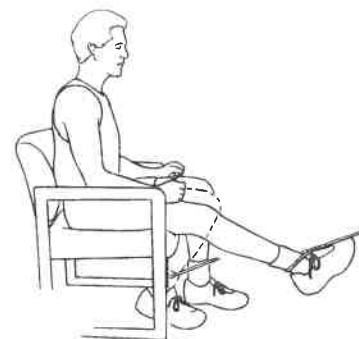
Repeat 12 times. 2-3 sets as a goal
Every other day



REHAB: LOWER EXTREMITY - 11 Knee Flexion: Sitting (Single Leg)

Sit facing anchor, leg extended. Tubing looped around ankle, flex knee, pulling back.

Repeat 12 times per set.
Repeat with other leg.
Do 2-3 sets per session.
Every other day

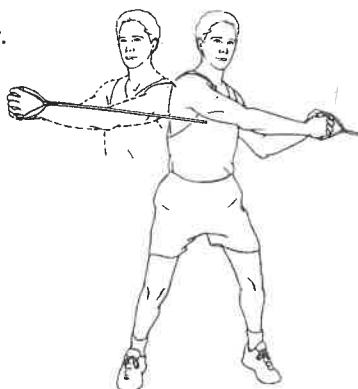


Anchor Height: Knee

TRUNK - 1 Twist: Standing

Side toward anchor in wide stance, reach toward anchor. Thumbs up, pull away from anchor. Keep arm furthest from anchor straight.

Repeat 12 times per set.
Repeat from other side.
Do 2-3 sets per session.
Every other day

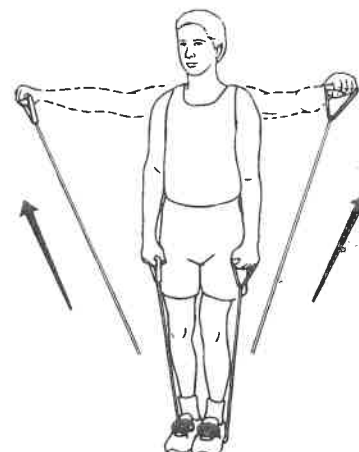


Anchor Height: Chest

SHOULDER / UPPER BACK - 10 Raise: Lateral

Anchor tubing under feet in narrow stance. Thumbs forward, raise arms out from sides to parallel.

Repeat 12 times per set.
Do 2 sets per session.
Every other day

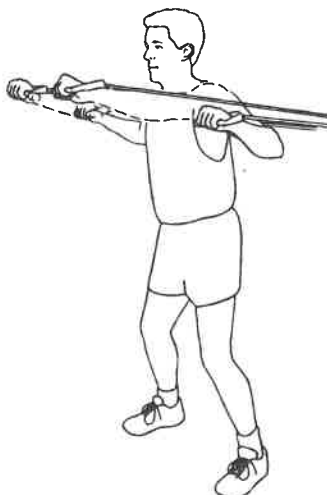


CHEST - 1 Press

Face away from anchor in shoulder width stance. Palms down, press arms forward.

Repeat 12 times per set.
Do 2-3 sets per session.
Every other day.

Anchor Height: Shoulder

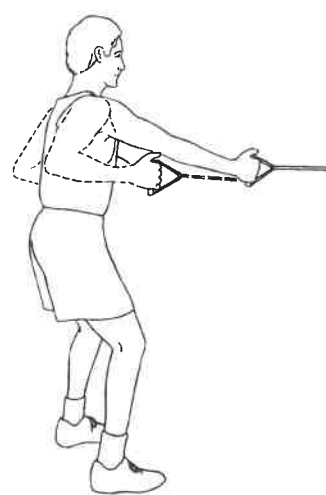


MID BACK - 5 Low Row: Thumbs Up

Face anchor, medium to wide stance. Thumbs up, pull arms back, squeezing shoulder blades together.

Repeat 12 times per set.
Do 2-3 sets per session.
Every other day.

Anchor Height: Waist

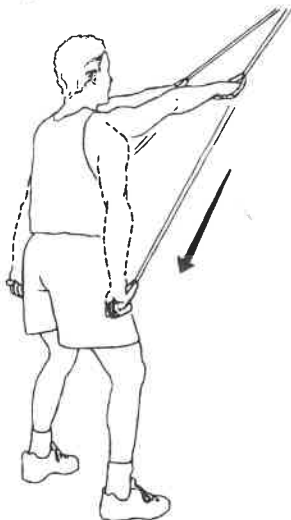


SHOULDER / UPPER BACK - 4 Lat Pull Down

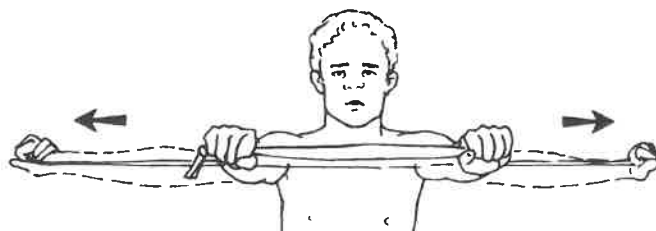
Face anchor with knees slightly flexed. Palms down, pull arms down to sides.

Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per week.

Anchor Height: Over Head



SHOULDER - 92
Chest Pull with Tubing or Resistive Band



Sit or stand with feet shoulder-width apart, and tubing or resistive band looped around each hand. With arms straight out in front, stretch tubing across chest.

Repeat 12 times per set. Do 2 sets per session.
Every other day.

BICEPS - 1 Curl: Standing

Anchor tubing under front foot in stride stance. Palms forward, curl arms.

Repeat 12 times per set.
Do 2-3 sets per session.
Every other day.



TRICEPS - 1 Press: Standing

Face anchor in stride stance. Thumbs up, straighten arms, rotating to palms down.

Repeat 12 times per set.
Do 2-3 sets per session.
Every other day

Anchor Height: Over Head

