

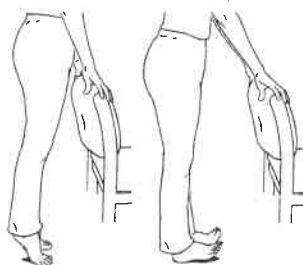
HIP / KNEE - 78 Functional Quadriceps: Chair Squat

Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary.

Repeat 10-16 times per set.
Do 1-2 sets per session.
Do 1 sessions per day.



ANKLE / FOOT - 7 Toe-Up
(Ankle Plantar Flexion and Dorsiflexion)



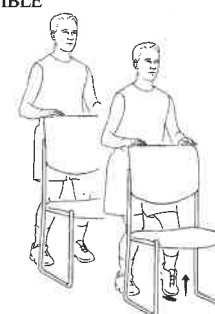
Holding a stable object, rise up on toes. Hold 2-4 seconds. Then rock back on heels and Hold 2-4 seconds.
Repeat 10-16 times. Do 1 sessions per day.

WEIGHT SHIFTING - 6
Bear Roots on One Leg
Modified
ON BARE FEET IF POSSIBLE

Stand in Horse Stance, elbows bent, palms lightly resting on back of chair. Shift weight onto one foot. Lift unweighted foot.

X Variation:
Lift heel only.

Repeat 10 times each side.

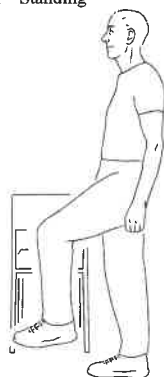


AROM - 74 HIP / KNEE: Flexion – Standing

Raise knee to chest. Keep back straight. Perform slowly.

8-16 reps per set,
1-2 sets per day,
3-4 days per week

X Hold onto a support.

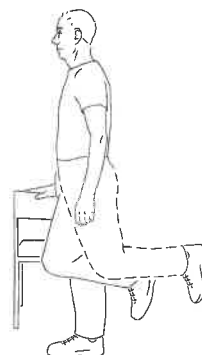


AROM - 85 HIP: Extension / KNEE: Flexion Standing

Bend knee, squeeze glutes. Move leg backward.

8-16 reps per set,
1 sets per day,
3-4 days per week

X Hold onto a support.

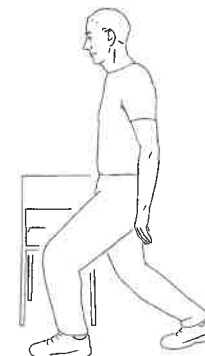


AROM - 78 HIP / KNEE: Flexion / Extension, Lunge

Step forward with one leg, bending both knees to lower body. Keep back straight. Repeat with other leg.

8-16 reps per set,
1-2 sets per day,
3-4 days per week

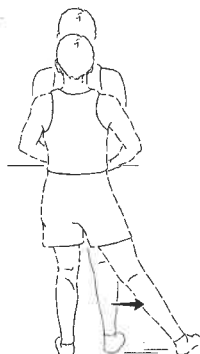
X Hold onto a support.



CLOSED CHAIN - 9 Hip Abduction (Slide Board)

On smooth surface, in socks or bare feet, slide one leg out to side, bending other knee slightly. Keep pelvis still.

Do 8-16 times, each leg, 1 times per day.



SHOULDERS - 6 Extensors

With hands on wall or rail and feet shoulder-width apart, move chest toward floor. Hold 20-30 seconds.

Repeat 3-4 times.
Do 1 sessions per day.

