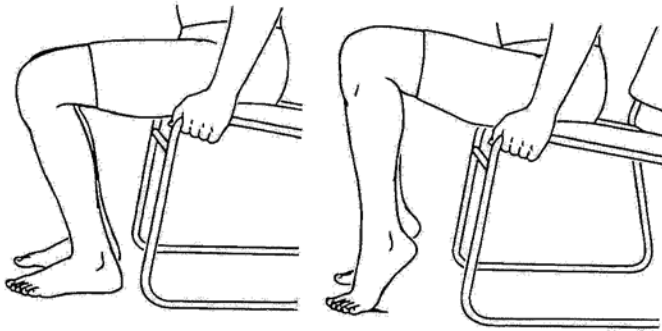


Heel Raise

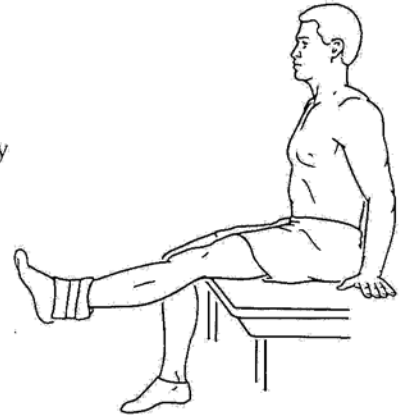


Raise heels, keeping toes on floor.
Repeat 10-15 times per set. Do 2-3 sets per session.

Knee Extension

Straighten knee fully,
hold for 3 seconds and
breathe out, lower slowly
and breathe in.

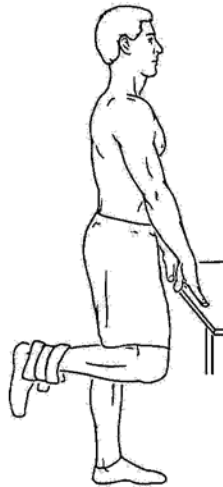
Repeat 10-15 times
per set.
Do 2-3 sets
per session.



Knee Flexion

Slowly bend knee up and breathe out.
Return slowly and breathe in.

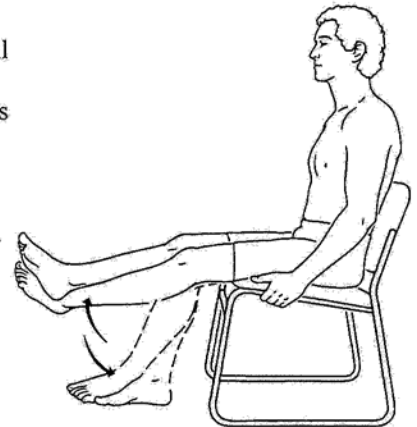
Repeat 10-15 times per set.
Do 2-3 sets per session.



Knee Flexion / Extension

Gently push left leg
back with other leg until
a stretch is felt. Hold 3
seconds. Relax. Recross
bent legs
at ankles. Slowly
straighten legs,
pushing with lower leg.
Hold 3 seconds.

Repeat 10-15 times
per set.
Do 2-3 sets
per session.



Chair Squat

CROSS HANDS ON CHEST, feet
flat on floor. Pull bellybutton into
your back, breathe out, push from
the heels, squeeze your buttocks, and
stand upright, extending knees
fully. Breathe in and return to
starting position.

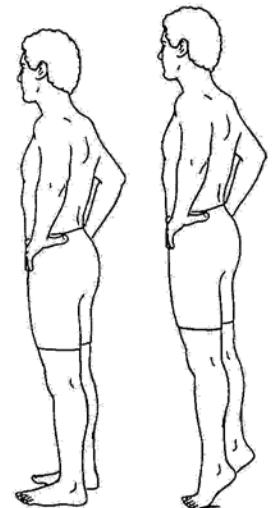
Repeat 10-15 times per set.
Do 2-3 sets per session.



Heel Raise

Rise on balls of feet.

Repeat 10-15 times per set.
Do 2-3 sets per session.

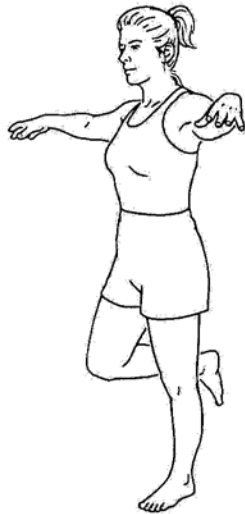


ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on left leg, eyes open. Hold _____ seconds.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

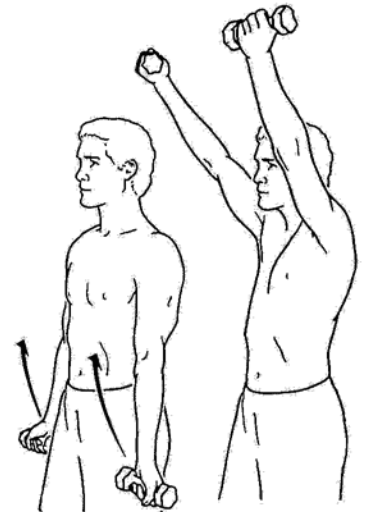
___ Perform exercise with eyes closed.



Raising arms above head

Raise arms toward ceiling, and breathe out. Keep elbows straight. Breathe in on the return to starting position.

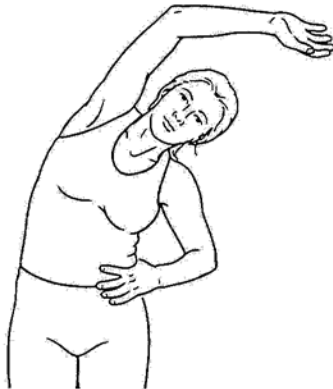
Repeat 10-15 times per set.
Do 2-3 sets per session.



BACK - 86 Thoracolumbar Side-Bend: Single Arm (Standing)

Reach over head to other side with right arm until stretch is felt. Hold 10 seconds. Relax.

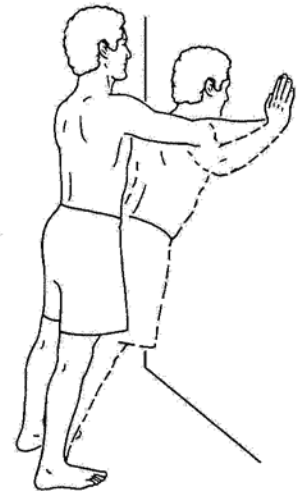
Repeat 2 times per set.
Do _____ sets per session.
Do _____ sessions per day.



Wall Push-Up

With arms slightly wider apart than shoulder width, and feet 20 inches away from wall, gently lean body toward wall until nose or chin touch wall and breath in. Pause for one second, then gently straight arms to starting position and breath out.

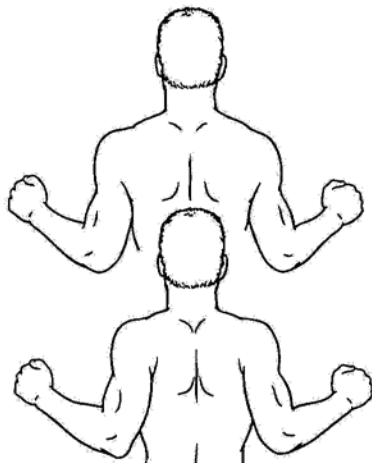
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per week.



Scapular Retraction:

With elbows bent to 90°, pinch shoulder blades together and rotate arms out, keeping elbows bent. hold for 3-5 seconds.

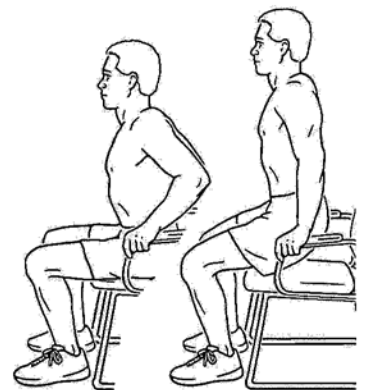
Repeat 5 times per set.
Do 2-3 sets per session.



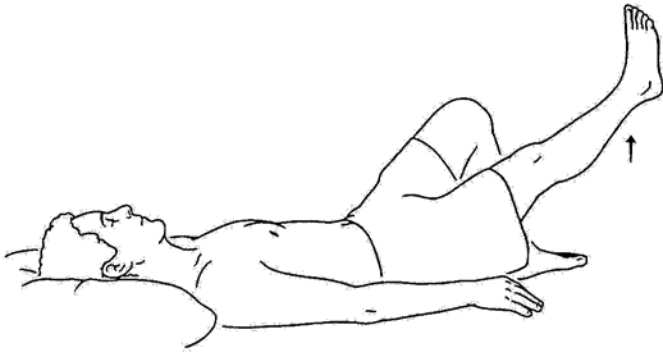
Elbow Extension: Chair Stand

With hands on armrests, push up from chair. Use legs as much as necessary. Return slowly.

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



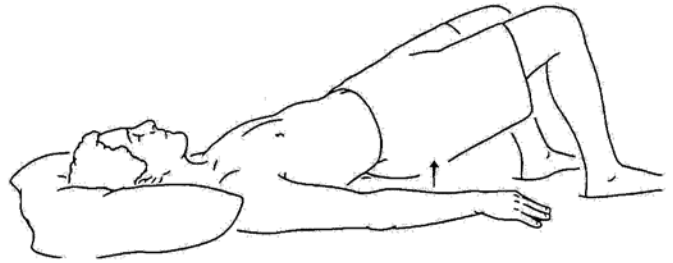
TRUNK STABILITY - 12 Straight Leg Raise



Tighten stomach and slowly raise locked right leg ___ inches from floor. Repeat with other leg.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

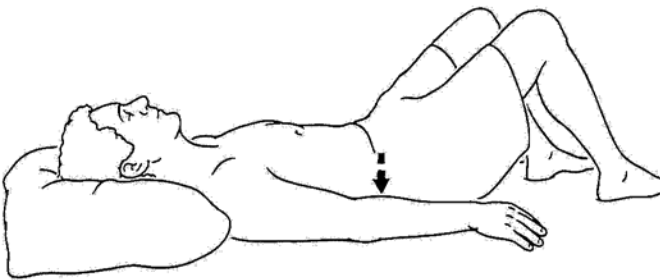
Bridging



Slowly raise buttocks from floor, keeping stomach tight.

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

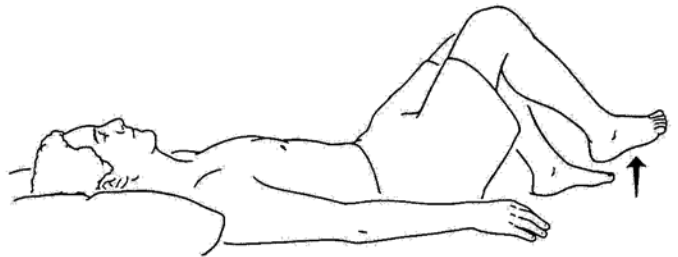
Trunk Stability - Isometric Abdominal



Lying on back with knees bent, tighten stomach by pressing elbows down. Hold 5 seconds.

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

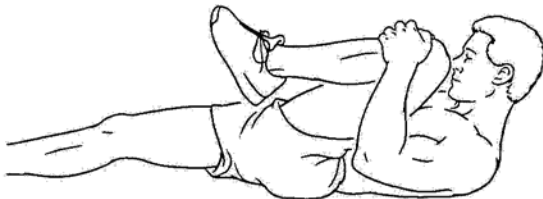
TRUNK STABILITY - Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise right leg 5-10 inches from floor. Keep trunk rigid. Hold 5 seconds. Repeat with other leg.

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

BACK - 82 Knee-to-Chest: with Neck Flexion Stretch (Supine)



Pull left knee to chest, tucking chin and lifting head. Hold ___ seconds. Relax.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.

BACK - 54 Lumbar Rotation Stretch



Lie on back with left knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold 10 seconds.

Repeat 2 times per set. Do ___ sets per session.
Do ___ sessions per day.