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.

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

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

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

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.

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.

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.

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