

Bridge with Ball Squeeze



Sets: 2 **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1
Times Per Week: --

Description:

Lie on your back with knees bent and feet flat on the floor with a ball or pillow placed between the knees. Gently squeeze the knees together, keeping the feet flat on the floor. While squeezing the ball or pillow, perform a bridge by lifting your hips off the floor. Hold as directed. Repeat as directed.

Side Lying Hip Abduction AROM



Sets: 2 **Reps:** 20 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1
Times Per Week: --

Description:

Begin lying on your side with leg you wish to exercise on top. Bend the bottom knee while keeping the top leg straight. Slowly lift your straightened leg being sure to keep outside of foot parallel with the floor. Slowly lower back to starting position. Repeat as directed. Tip: be sure to stay lying on your side and not roll backwards.

Side Lying Small Circles



Sets: 2 **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1
Times Per Week: --

Description:

Lay in sidelying with top shoulder and pelvis stacked directly over the bottom side with a neutral spine. Place the top hand on the floor in front of the rib cage. Keeping the knee straight, lift the top leg and circle 10 times forward and 10 times backward. Be sure to maintain a neutral spine. Repeat as directed.

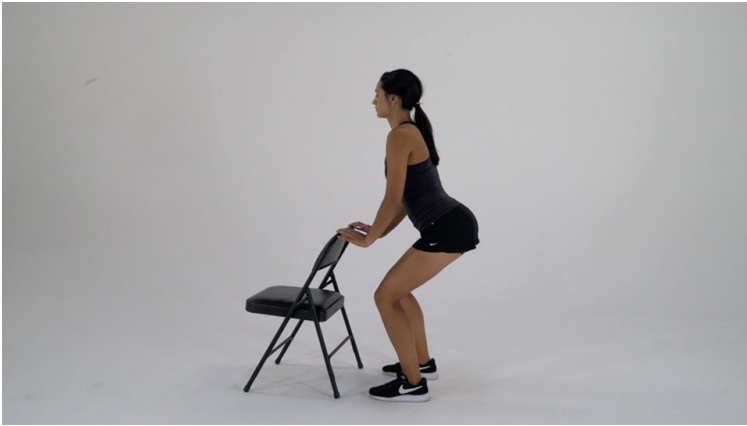
Heel Raise



Sets: 2 **Reps:** 20 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1
Times Per Week: --

Description:

Begin by standing in front of a stable surface. Gently lift both heels of the ground and push up onto your toes keeping your knees straight. When fully lifted, slowly lower your heels back to the ground. Repeat as directed.

Mini Squat with Support

Sets: 2 **Reps:** 20 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1
Times Per Week: --

Description:

Starting Position: Stand in front of a counter or sturdy table on top of an uneven surface like a pillow. Place your feet as close together as possible and your hands on top of the counter in front of you for balance. Engage your lower abdominals by drawing in from below your belly button, and tighten your gluteal muscles to maintain a neutral spine position. Focus your gaze straight ahead. **Movement:** Squat by bending from your hips and then knees like you were going to sit back in a chair. Eyes should remain open throughout the exercise. Repeat as prescribed by your therapist.

Standing Calf Stretch

Sets: 1-2 **Reps:** 1 **Resistance:** -- **Hold:** 60 seconds **Rest:** -- **Times Per Day:** 1-2 **Times Per Week:** --

Description:

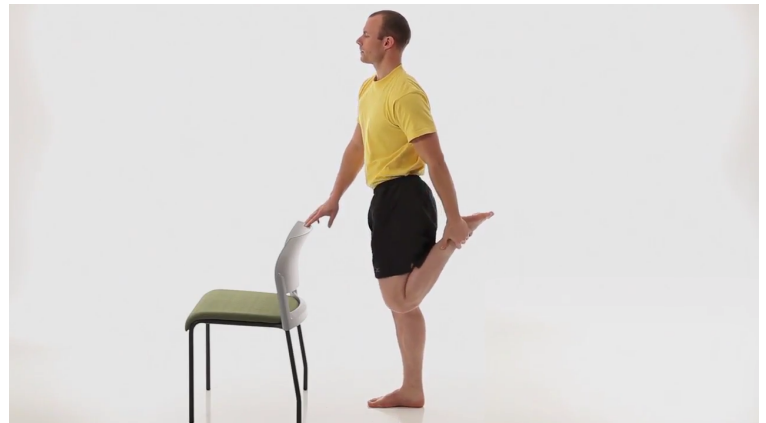
Starting Position: Begin by standing with feet together in front of a stable surface like a kitchen countertop. While holding on to the stable surface take a big step back with the affected leg while the unaffected leg remains in place. This puts you in a long-staggered position. **Movement:** Holding on to the stable surface, gently lean forward allowing your unaffected front knee to bend. Make sure to keep your affected knee straight and heel firmly planted on the ground. Continue to lean forward until you feel a stretch in your calf. Hold as directed. Repeat as directed. **Tip:** Make sure that you do not allow your back to begin to arch as lean forward.

Seated Medial Hamstring Stretch

Sets: 1-2 **Reps:** 1 **Resistance:** -- **Hold:** 60 seconds **Rest:** -- **Times Per Day:** 1-2 **Times Per Week:** --

Description:

Starting Position: Sit with your feet straight out in front of you on a yoga mat. Activate your lower abdominals to maintain a neutral spine position. **Movement:** Hinging from your hips, reach forward with your hands, keeping your torso straight, towards the outside of your toes. Come out of the stretch and repeat this sequence as prescribed by your therapist.

Standing Quad Stretch

Sets: 1-2 **Reps:** 1 **Resistance:** -- **Hold:** 60 seconds **Rest:** -- **Times Per Day:** 1-2 **Times Per Week:** --

Description:

While standing in front of a stable surface, bring your heel on the side you wish to stretch towards your buttocks and hold it there with your hand. Hold as directed. Repeat as directed.