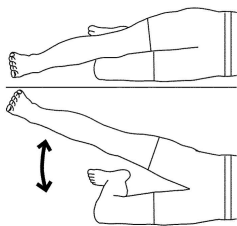


AROM hip abd uni sidelying



- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Special Instructions:

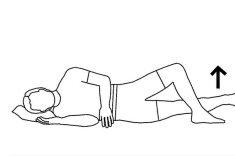
Do not roll trunk forward or backward.

Perform ____ sets of ____ repetitions every ____.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM hip add sidelying



- Lie on involved side.
- Bend knee of upper leg, placing foot flat on floor in front of lower leg.
- Keep involved leg straight.
- Lift leg upward.
- Return to starting position.

Special Instructions:

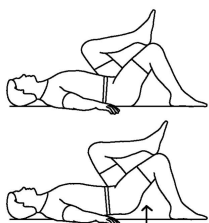
Try not to move pelvic area during the leg lift.

Perform ____ sets of ____ repetitions every ____.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM hip ext uni supine bridge w/knee to chest



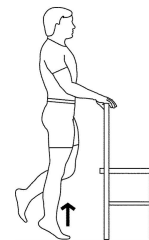
- Lie on back with knees bent, arms at sides.
- Bring one knee to center of chest.
- Lift buttocks off floor, keeping knee to chest.
- Lower and repeat with other leg.

Perform ____ sets of ____ repetitions every ____.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM ankle PF uni stand



- Stand, using chair for balance if needed.
- Raise up on ball of foot, through full range.
- Return to start position and repeat.
- Repeat with opposite leg.

Special Instructions:

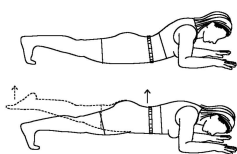
Do not lean forward.

Perform ____ sets of ____ repetitions every ____.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM abdominal bracing prone alt legs



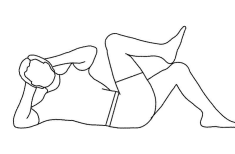
- Lie face down, upper body supported on elbows with forearms on floor as shown.
- Tighten up abdominal muscles and lift hips and legs up until trunk is straight, in a push up like position.
- Raise one leg upward and lower.
- Raise other leg upward and lower.
- Repeat.

Perform ____ sets of ____ repetitions every ____.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar flx (crunches) diag w/alt knees



- Lie on back with knees bent, and hands behind neck.
- Raise shoulder up and raise opposite knee up, twist until they touch.
- Lower and repeat with other side.

Perform ____ sets of ____ repetitions every ____.

Rest 1 Minute between sets.

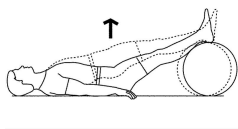
Perform 1 repetition every 4 Seconds.

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AROM hip ext straight leg w/ball

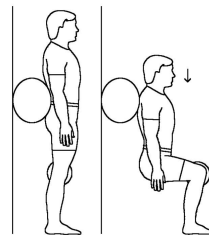


- Lie on back with ankles on ball.
- Bridge up as shown.
- Lower and repeat.

Perform _____ sets of _____ repetitions every _____.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM knee wall slide VMO bil full w/Ball



- Place ball between back and wall.
- Place small ball between knees and squeeze
- Slowly bend knees to 90 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat.

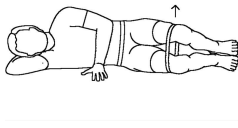
Special Instructions:

Maintain proper low back posture.

Perform _____ sets of _____ repetitions every _____.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist hip ER sidelying w/elastic

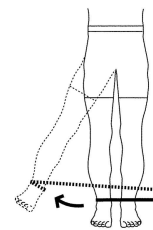


- Lie on side with knees bent and elastic looped around thighs just above knees.
- Keep heels together and lift top knee upward.
- Lower and repeat.
- Repeat series lying on other side and raising other leg.

Perform _____ sets of _____ repetitions every _____.

Use gray Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist hip abd uni stand w/elastic



- Attach elastic to secure object at ankle level.
- Stand with involved leg away as shown.
- Keep knee straight, pull away, moving leg outward.
- Slowly return to start position.

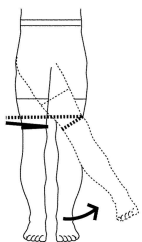
Special Instructions:

Keep back straight.

Perform _____ sets of _____ repetitions every _____.

Use gray Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist hip add uni stand w/elastic proximal

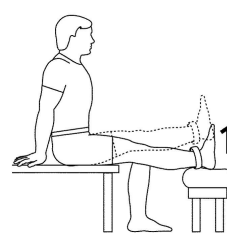


- Attach elastic to secure object.
- Loop elastic around thigh of involved leg, slightly above knee.
- Stand on uninvolved leg.
- Keep knee straight and move involved leg inward as shown.
- Return to start position and repeat.

Perform _____ sets of _____ repetitions every _____.

Use gray Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist hip flx (sitting SLR) w/wt



- Sit in chair with leg supported on stool.
- Place weight on ankle.
- Lift leg slightly, keeping knee straight.
- Lower and repeat.

Perform _____ sets of _____ repetitions every _____.

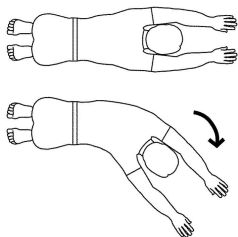
Use 2 Lbs.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

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Stretch Iliocostalis kneeling

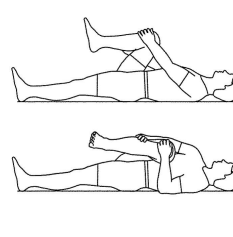


- Kneel on heels to stabilize hips.
- Lean forward, arms over head, as shown.
- Slowly walk hands to the side until stretch is felt.
- Repeat to other side.

Perform _____ sets of _____ repetitions every _____.

Hold exercise for 20 Seconds.

Stretch Piriformis supine w/hip flx

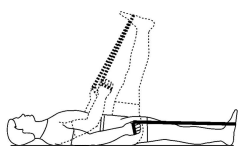


- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.

Perform _____ sets of _____ repetitions every _____.

Hold exercise for 20 Seconds.

Stretch hamstrings supine w/towel



- Lie on back holding a towel looped under foot with knee straight, as shown.
- Gently pull leg up.
- Repeat with other leg.

Special Instructions:

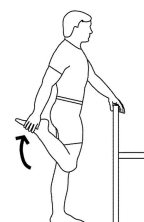
Maintain a straight knee.

Perform _____ sets of _____ repetitions every _____.

Use Towel.

Hold exercise for 20 Seconds.

Stretch Quads standing



- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

Special Instructions:

Keep thigh straight in line with body, do not bend at hip.

Perform _____ sets of _____ repetitions every _____.

Hold exercise for 20 Seconds.

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