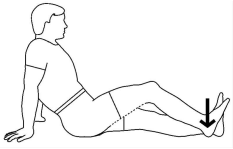
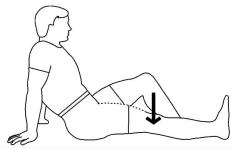
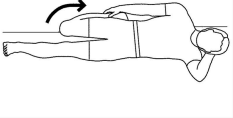
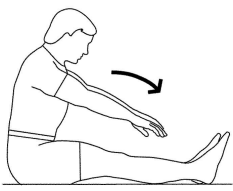
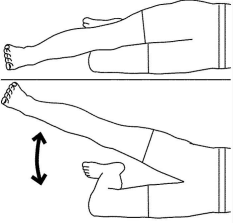
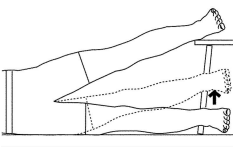


<p><b>Ham set</b></p>  <ul style="list-style-type: none"> <li>• Sit with leg extended, knee slightly bent.</li> <li>• Without moving leg, tighten muscles on back of leg, trying to push heel down.</li> </ul> <p><b>Perform 1 set of 10 Repetitions, once a day.</b></p> <p>Hold exercise for 8 Seconds.</p>	<p><b>Quad set</b></p>  <ul style="list-style-type: none"> <li>• Sit with leg extended, knee supported with towel roll.</li> <li>• Tighten quad muscles on front of leg, trying to push back of knee downward.</li> </ul> <p><b>Special Instructions:</b></p> <p>Do not hold breath.</p> <p><b>Perform 1 set of 10 Repetitions, once a day.</b></p> <p>Hold exercise for 8 Seconds.</p>
<p><b>Sidelying Quad stretch</b></p>  <ul style="list-style-type: none"> <li>• Lie on side, involved leg up.</li> <li>• Reach back and grasp ankle.</li> <li>• Relax leg and gently pull ankle towards buttocks.</li> </ul> <p><b>Perform 1 set of 2 Repetitions, once a day.</b></p> <p>Hold exercise for 30 Seconds.</p>	<p><b>Longsit ham stretch</b></p>  <ul style="list-style-type: none"> <li>• Sit on firm surface with legs straight out in front.</li> <li>• Slowly bend forward at hips, reaching for toes.</li> </ul> <p><b>Special Instructions:</b></p> <p>Do not allow knees to bend.</p> <p><b>Perform 1 set of 2 Repetitions, once a day.</b></p> <p>Hold exercise for 30 Seconds.</p>
<p><b>Side leg raise</b></p>  <ul style="list-style-type: none"> <li>• Lie on uninvolved side, with lower knee bent for stability.</li> <li>• Keep knee straight on involved leg, lifting leg upward.</li> <li>• Return to start position and repeat.</li> </ul> <p><b>Special Instructions:</b></p> <p>Do not roll trunk forward or backward.</p> <p><b>Perform 2 sets of 10 Repetitions, once a day.</b></p> <p>Rest 1 Minute between sets.</p> <p>Perform 1 repetition every 4 Seconds.</p>	<p><b>Inside leg raise on stool</b></p>  <ul style="list-style-type: none"> <li>• Lie on involved side.</li> <li>• Support uninvolved leg on chair as shown.</li> <li>• Keep involved leg straight.</li> <li>• Lift leg upward.</li> <li>• Return to starting position.</li> </ul> <p><b>Perform 2 sets of 10 Repetitions, once a day.</b></p> <p>Rest 1 Minute between sets.</p> <p>Perform 1 repetition every 4 Seconds.</p>

Exercises are typically listed in order from least difficult to most difficult. Start with the first 2-4 exercises. If they are not challenging, skip further down the document and perform more challenging exercises. Exercises and stretches can be uncomfortable, but should not be painful. Spend no more than 10 minutes a day on these exercises, but try to do them daily.

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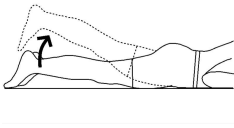
These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

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**Prone leg raise**

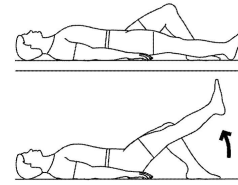


- Lie face down, knee straight on involved leg.
- Lift involved leg upward.
- Return to starting position.

**Perform 2 sets of 10 Repetitions, once a day.**

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

**Straight leg raise**

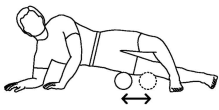


- Lie on back with uninvolved knee bent as shown.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.

**Perform 2 sets of 10 Repetitions, once a day.**

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

**ITB roll stretch**



- Lie on left side with top of thigh over foam roll.
- Push up onto left elbow and roll thigh down foam roll.
- Repeat on right side.

**Special Instructions:**

Roll should move between the hip and knee. Stay off of the actual knee and hip bones, this could irritate the bursa underneath. Use other arm and leg for support as shown.

**Perform 2 sets of 10 Repetitions, once a day.**

Use Foam Roll.  
Rest 30 Seconds between sets.

**Short arc**

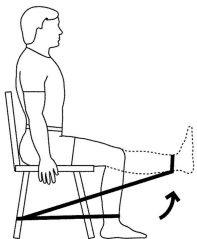


- Lie on back, with involved leg bent to 45 degrees, supported with a pillow, as shown.
- Straighten leg at knee.
- Return to start position.

**Perform 3 sets of 10 Repetitions, once a day.**

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

**Elastic sitting quad ext**

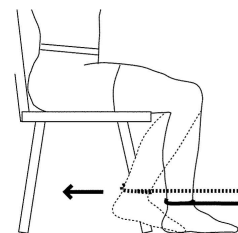


- Attach elastic to ankle of involved leg.
- Secure behind as shown.
- Sit, with leg bent to 90 degrees, as shown.
- Straighten leg at knee.
- Slowly return to start position.

**Perform 3 sets of 10 Repetitions, once a day.**

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

**Elastic sitting ham curl**



- Attach elastic to secure object.
- Sit in chair, attach elastic to ankle of involved leg as shown.
- Pull heel under chair through full range, as shown.
- Slowly return to starting position.

**Perform 3 sets of 10 Repetitions, once a day.**

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

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**Rocker board sagittal two leg balance**



- Stand on rocker board with both feet in line with rocker bottom.
- Keep board parallel to ground.
- Keep knees and back straight.
- Do not lock knees.
- Maintain balance.

**Special Instructions:**

Use support as needed. Progress exercise by performing with eyes closed.

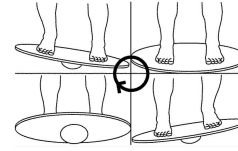
**Perform 3 sets of 1 Minute, once a day.**

Use Wobble Board.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Ankle wobble board circles**



- Stand with both feet far apart on wobble board.
- Move front edge to floor and continue in a circular motion as shown.
- Repeat the circular motion.

**Special Instructions:**

Use controlled movement and try not touch the sides of the board on the floor.

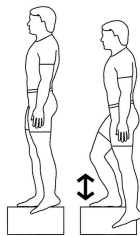
**Perform 3 sets of 1 Minute, once a day.**

Use Wobble Board.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Touch step**



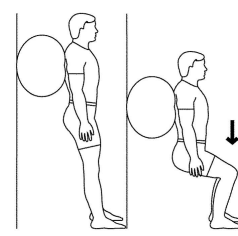
- Place involved leg on edge of step.
- Step up, lifting uninvolved leg off floor.
- Lower uninvolved foot toward floor but do not touch floor.
- Step up again and continue.

**Perform 2 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Ball 90 wall slide**



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

**Special Instructions:**

Maintain proper low back posture.

**Perform 2 sets of 10 Repetitions, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Treadmill walking**



- Stand on treadmill with feet off to the sides of belt.
- Turn treadmill on to a slow speed.
- Cautiously step onto belt and begin walking.
- Gradually increase the speed to a comfortable pace.

**Perform 1 set of 30 Minutes, once every other day.**

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