

*All exercises should be performed in a slow and controlled manner. Ensure to not hold your breath during exercise.

*Stretches are meant to feel like a gentle pull. Stretch in tolerable ranges.

1



Long Sitting Hamstring Stretch (Time Based)

THIS IS A STRETCH with hold TIME: Sit with the leg to be stretched extended out in front of you and your other leg off of the side of a bed. Reach your hands to your knee on the leg to be stretched and slide down bending your back and reaching until you feel a good stretch behind the knee. Hold for specified time, and relax.

Repeats: 1 set of 10 reps

Hold: Please hold for the allotted time 10 for each rep performed before returning to neutral.

Perform: 2x a day



2



Bridges (Time Based)

Lie with your knees bent. Squeeze your glutes, slowly curling your hips up. Raise your buttocks from the mat, hold for 5 seconds. Return to flat and repeat.

Repeats: 5 sets of 5 reps

Perform: 3x a day



3



Clamshells Band Supine (Time Based)

Lie on your back with your knees bent and feet on ground with a band tied snug around your thighs. Knees and feet touching. Slowly move your knees apart letting them drop towards the ground without letting your feet come apart. Return to start with control. Repeat.

Repeats: 2 sets of 5 reps

Perform: 2x a day

Resistance: Yellow theraband



4



Heel Raise (Time Based)

Rise onto the toes of both feet. Keep your knees straight throughout. If needed, hold on to a table or wall for balance. Hold for 2 seconds, return to start slowly, repeat.

Repeats: 2 sets of 5 reps
Perform: 2x a day



5



Hip Abduction AROM Standing (Time Based)

Standing near a table or counter and use it for support as needed. Shift weight to your good side and lift your AFFECTED leg away from your stance leg, holding for 2-3 seconds and SLOWLY returning back to neutral starting standing position. Repeat.

Repeats: 2 sets of 5 reps
Perform: 2x a day



6



Hip Extension AROM Leaning Over Table (Time Based)

Stand and lean with your arms on a table for support. While bearing weight on your good leg, move your affected leg in a backward direction. Keep your knee straight the entire time. Return to the starting position and repeat.

Repeats: 2 sets of 5 reps
Perform: 2x a day



7



Hip Flexion SLR AROM Standing (Time Based)

While standing, balance on your unaffected leg and move your affected leg in a forward direction. Keep your knee straight and do not swing the leg. Perform smooth and controlled movements. Keep your trunk stable and without leaning during the movement. Return to the starting position. Repeat. Use your arms for support if needed for balance and safety.

Repeats: 2 sets of 5 reps
Perform: 2x a day



8



Mini Squat (Time Based)

Stand with good upright posture with your feet slightly wider than hip width apart. Squat toward the floor slightly, bending at your knees and hips simultaneously as though you are sitting in a high chair. Return to the starting position. Use a table or counter for support as needed.

Repeats: 2 sets of 5 reps

Perform: 2x a day



9



Chair Squat Eccentric (Time Based)

Begin in a standing upright position in front of a chair. Bending your hips and knees, lower your body to a seated position as slowly as possible. Return to the starting position using the armrests and repeat. Make sure to keep your back straight and maintain your balance during the exercise. Do not let your knees move forward over your toes.

Repeats: 2 sets of 5 reps

Perform: 2x a day



Please contact your provider with questions regarding your specific home exercise program.