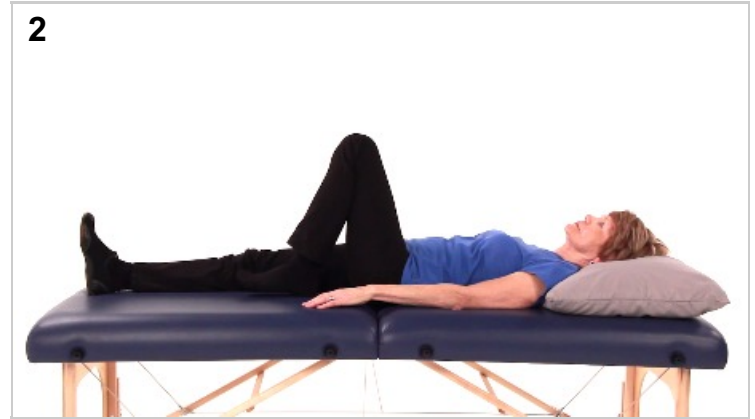


Supine Heel Slide

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin lying on your back with your legs straight.

Movement

Slide one heel toward your buttocks, bending your knee as far as is comfortable, then slide it back to the starting position and repeat.

Tip

Make sure to keep your back flat against the bed during the exercise.

Active Straight Leg Raise with Quad Set

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin lying on your back with one knee bent and your other leg straight

Movement

Squeeze the thigh muscles in your straight leg and flex your foot, then slowly lift your leg until it is parallel with your other thigh. Lower your leg back to the starting position and repeat.

Tip

Make sure to keep your back flat against the floor during the exercise.

Seated Long Arc Quad

REPS: 10

SETS: 2

DAILY: 2

WEEKLY: 7



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Standing Hip Abduction

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin in a standing upright position holding onto a stable object for support.

Movement

Lift one leg out to your side, then slowly return to the starting position and repeat.

Tip

Make sure to keep your shoulders and hips facing straight forward during the exercise.

Standing Hip Extension

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin in a standing upright position holding on to a stable object for support.

Movement

Lift one leg backward, then slowly return to the starting position and repeat.

Tip

Make sure to keep your back straight and maintain your balance during the exercise.

Sidestepping

REPS: 5

DAILY: 2

WEEKLY: 7

1



2



3



Setup

Begin standing upright. Bend your hips and knees into a mini squat position.

Movement

Slowly step sideways, then step back to the starting position in the opposite direction.

Tip

Make sure to keep your feet pointing straight forward, your abdominals tight, and do not let your knees collapse inward during the exercise.

Standing March with Counter Support

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Slowly lift one knee to waist height, then lower it back down and repeat.

Tip

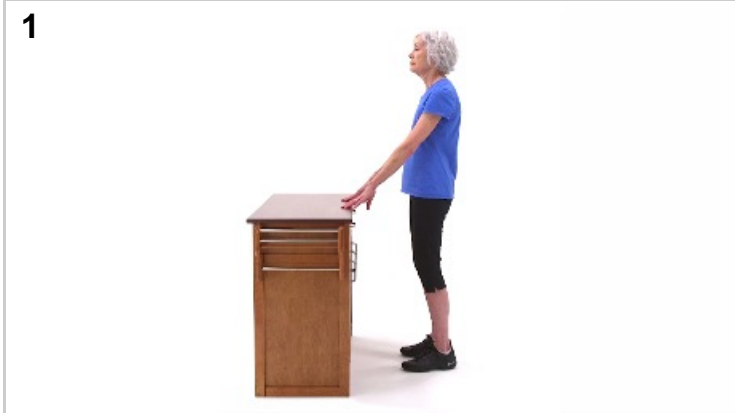
Make sure to maintain an upright posture and use the counter to help you balance as needed.

Mini Squat with Counter Support

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin in a standing upright position with your feet shoulder width apart and your hands resting on a counter.

Movement

Slowly bend your knees to lower into a mini squat position. Hold briefly, then press into your feet to return to a standing upright position and repeat.

Tip

Make sure to keep your heels on the ground and use the counter to help you balance as needed. Do not let your knees bend forward past your toes or collapse inward.

Standing Knee Flexion with Counter Support

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Bend one knee, lifting your foot off the ground. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

Sit to Stand

REPS: 10

DAILY: 2

WEEKLY: 7



Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.