


Resist knee squat bil partial w/wt




- Stand on both legs.
- Hold weights in both hands.
- Bend knees to 45 degrees.
- Straighten knees.
- Repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use 5 Lbs.
 Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

Resist knee step down w/wt

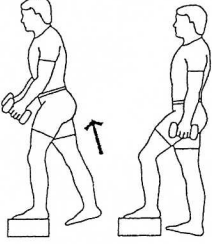


- Hold weights in hands.
- Stand on step with both feet.
- Step down slowly, leading with uninvolved leg.
- Step up backwards, leading with uninvolved leg.
- Repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use 5 Lbs.
 Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

Resist knee step up w/wt



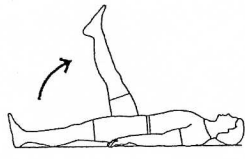
- Hold weights in hands.
- Stand with involved leg up on step.
- Shift weight over knee.
- Step up slowly.
- Step down backwards, leading with involved leg.
- Repeat.

Special Instructions:
 Do not push off with trailing foot. To do this keep ball of foot raised while stepping up.

Perform 3 sets of 10 Repetitions, once every other day.

Use 5 Lbs.
 Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

AROM hip flx (SLR) supine legs straight




- Lie on back with legs straight.
- Tighten abdominal muscles and keep low back against floor.
- Raise left leg as high as possible while keeping both legs straight.
- Return to starting position.
- Repeat with other leg.

Special Instructions:
 Keep low back flat against floor throughout the entire motion of raising and lowering leg.

Perform 3 sets of 20 Repetitions, once a day.

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

AROM stance uni balance eyes open




- Stand on firm surface with arms at side.
- Lift on leg and balance on one leg.

Special Instructions:
 If needed to maintain balance, raise arms out away from sides.

Perform 5 sets of 1 Minute, once a day.

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

AROM stance uni balance eyes closed



- Stand on firm surface with arms out.
- Lift on leg and balance on one leg.

Special Instructions:
 If needed to maintain balance, raise arms out away from sides.

Perform 5 sets of 1 Minute, once a day.

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

Issued By: MMPC Orthopedics

Signature: _____

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.