

Two leg mini squat w/stability trainer



- Stand with each leg on a Stability Trainer as shown.
- Slowly bend at the hips and knees about 30 degrees and maintain balance.
- Keep back straight.
- Return and repeat.
- Use support if needed.

Special Instructions:

Progress exercise by performing with eyes closed.
Perform 3 sets of 20 Repetitions, once a day.

Sit to stand



- Begin standing with chair behind you.
- Lean forward lightly as you bend the knees and lower buttock towards chair as if attempting to sit.
- Before you touch chair, stand back up to full upright position.
- Repeat.

Perform 3 sets of 20 Repetitions, once a day.

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

Forward step down

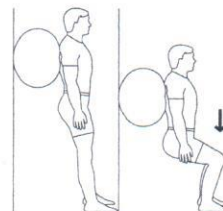


- Stand on step with both feet.
- Step down slowly, leading with uninvolved leg.
- Step back up leading with uninvolved leg.
- Repeat.

Perform 3 sets of 20 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 3 sets of 20 Repetitions, once a day.
Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Lunge squat



- Step forward and bend knees until in a lunge position.
- Slowly bend both knees to lower trunk toward floor.
- Slightly straighten knees to raise up.
- Continue to lower and raise while in lunge position.

Perform 3 sets of 20 Repetitions, once a day.

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

side single wall squat



- Begin standing next to wall with knee bent as shown.
- Slightly squat with other leg.
- Rotate leg outward and straighten knee.
- Repeat.

Special Instructions:

Maintain a neutral spine.
Perform 3 sets of 20 Repetitions, once a day.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.