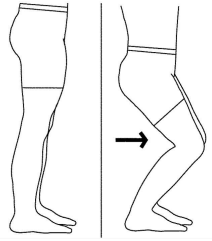


**AROM knee squat bil full**



- Stand with feet shoulder distance apart.
- Slowly bend knees to 90 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat.

**Special Instructions:**

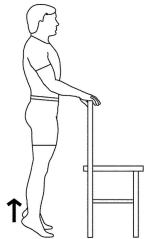
Maintain proper low back posture.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM ankle PF bil stand**



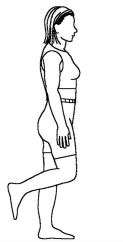
- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

**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:**

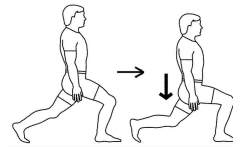
If needed to maintain balance, raise arms out away from sides.

**Perform 5 sets of 1 Minute, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM hip/knee flx (lunge squat)**



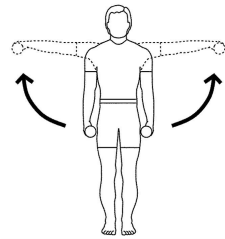
- Step forward and bend knees until in a lunge position.
- Slowly bend both knees to lower trunk toward floor.
- Slightly straighten knees to raise up.
- Continue to lower and raise while in lunge position.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld Lat Deltoid w/wt**



- Hold weights in hands.
- Begin with arms at side elbows straight.
- Lift arms out to side, up to shoulder level.
- Keep elbows straight or slightly bent.
- Return to start position and repeat.

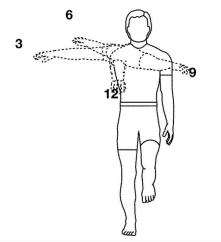
**Perform 3 sets of 10 Repetitions, once every other day.**

Use Kilograms.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM hip/knee stance uni (clock reach)**



- Stand on right leg, bending left leg as shown.
- Visualize a clock where 12:00 is in front of you.
- With the right arm reach to 12:00.
- Then reach to 3:00, 6:00, 9:00.
- Maintain balance throughout the activity.
- Repeat sets standing on left leg and reaching with left arm.

**Perform 5 sets of 1 Minute, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.