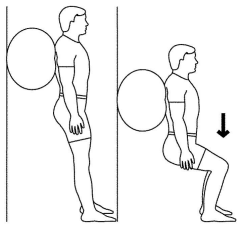


AROM knee wall slide bil full w/Ball



- 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.

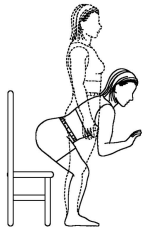
Perform 3 sets of 10 Repetitions, once every other day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM knee flx sit to stand



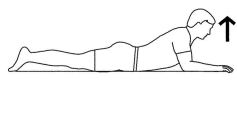
- Begin standing with chair behind you.
- Lean forward lightly as you bend the knees and lower buttock towards chair as if attempting to sit.
- Before you touch chair, stand back up to full upright position.
- Repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch lumbar ext prone on elbows

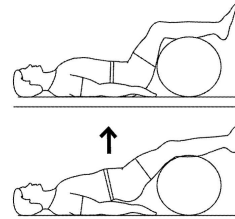


- Lie face down.
- Push up onto elbows.
- Hold position and repeat.

Perform 1 set of 8 Repetitions, once a day.

Hold exercise for 20 Seconds.

AROM lumbar bridging bil on Ball



- Lie on back with knees bent over ball as shown.
- Lift buttocks off floor.
- Return to start position.

Special Instructions:

Maintain neutral spine.

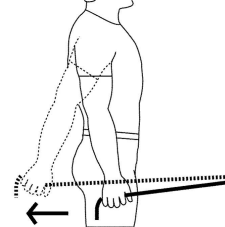
Perform 3 sets of 10 Minute, once every other day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist shld ext uni stand w/elastic



- Secure elastic at waist level as shown.
- Grasp elastic and pull arm backwards keeping elbow straight.
- Slowly return to start position.

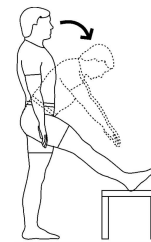
Perform 3 sets of 10 Repetitions, once every other day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch hamstring uni stand



- Stand with heel propped on low table, knee straight, as shown.
- Gently and slowly lean forward at waist.
- Repeat with other leg.

Special Instructions:

Keep the knee straight.

Perform 1 set of 4 Repetitions, once every other day.

Hold exercise for 20 Seconds.

Issued By: Lena Juross

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.