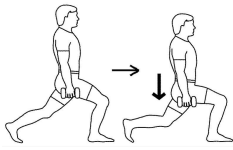


**Resist hip/knee flx (lunge squat) w/wt**



- Hold weights in hands.
- 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.

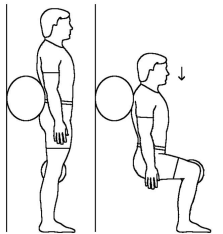
**Perform 3 sets of 10 Repetitions, once every other day.**

Use Kilograms.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM knee wall slide VMO bil full w/Ball**



- Place ball between back and wall.
- Place small ball between knees and squeeze
- Slowly bend knees to 90 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat.

**Special Instructions:**

Maintain proper low back posture.

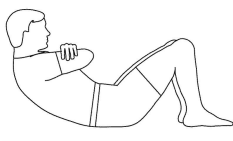
**Perform 3 sets of 20 Repetitions, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM lumbar flx (crunches) supine arms crossed**



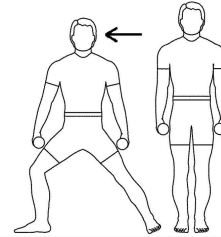
- Lie on back, knees bent, arms crossed over chest.
- Lift up head and continue to lift up shoulders off floor, toward knees.
- Keep low back in contact with floor.
- Return to start position and repeat.

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

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist hip abd/knee flx w/wt (side lunges)**



- Stand with weight in hands.
- Step sideways as shown, keeping trunk vertical.
- Push back up to starting position.
- Repeat sets to other side.

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

Use Kilograms.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM lumbar alt leg/arm (bird dog)**



- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

**Special Instructions:**

Maintain neutral spine, do not twist.

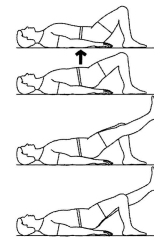
Progress by placing weights on ankles and wrists.

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

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM lumbar bridging w/ alt leg**



- Lie on back with knees bent.
- Lift buttocks off floor.
- Extend one leg and return leg to floor.
- Extend other leg and return leg to floor.
- Lower buttocks.
- Repeat.

**Special Instructions:**

Maintain neutral spine.

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

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

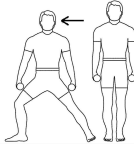
**Resist hip/knee flx (lunge squat) w/wt**



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

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

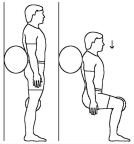
**Resist hip abd/knee flx w/wt (side lunges)**



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

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

**AROM knee wall slide VMO bil full w/Ball**



Perform 3 sets of 20 Repetitions, once a day.

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

**AROM lumbar alt leg/arm (bird dog)**



Perform 5 sets of 1 Minute, once a day.

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

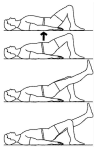
**AROM lumbar flx (crunches) supine arms crossed**



Perform 3 sets of 20 Repetitions, once a day.

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

**AROM lumbar bridging w/ alt leg**



Perform 5 sets of 1 Minute, once a day.

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

**Issued By:** Lena Juross

These exercises are to be used only under the direction of a licensed, qualified professional.