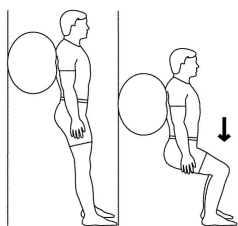


AROM knee wall slide bil full w/Ball



- 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.

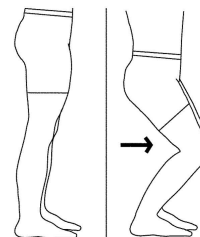
Perform 3 sets of 20 Repetitions, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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:

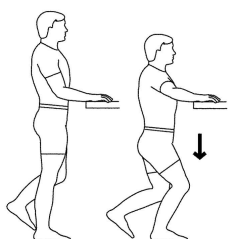
Maintain proper low back posture.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM knee squat uni partial



- Stand on one leg using table for support and balance.
- Slowly bend knee to 45 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat with other leg.

Special Instructions:

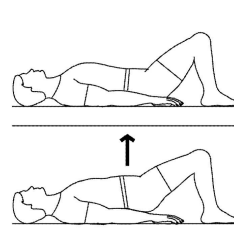
Maintain proper low back posture.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar bridging bil



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

Special Instructions:

Maintain neutral spine.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM knee flx sit to stand



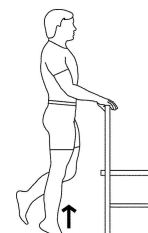
- Begin standing with chair behind you.
- Lean forward lightly as you bend the knees and lower buttock towards chair as if attempting to sit.
- Before you touch chair, stand back up to full upright position.
- Repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM ankle PF uni stand



- Stand, using chair for balance if needed.
- Raise up on ball of foot, through full range.
- Return to start position and repeat.
- Repeat with opposite leg.

Special Instructions:

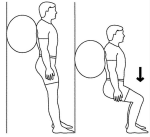
Do not lean forward.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

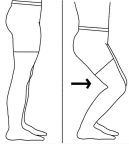
AROM knee wall slide bil full w/Ball



Perform 3 sets of 20 Repetitions, once a day.

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

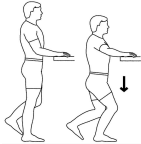
AROM knee squat bil full



Perform 3 sets of 20 Repetitions, once a day.

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

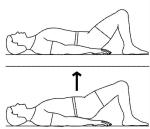
AROM knee squat uni partial



Perform 3 sets of 20 Repetitions, once a day.

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

AROM lumbar bridging bil



Perform 3 sets of 20 Repetitions, once a day.

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

AROM knee flx sit to stand



Perform 3 sets of 20 Repetitions, once a day.

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

AROM ankle PF uni stand



Perform 3 sets of 20 Repetitions, 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.