

Stretch hamstring uni long sitting

- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.

Perform 1 set of 10 Repetitions,
once a day.

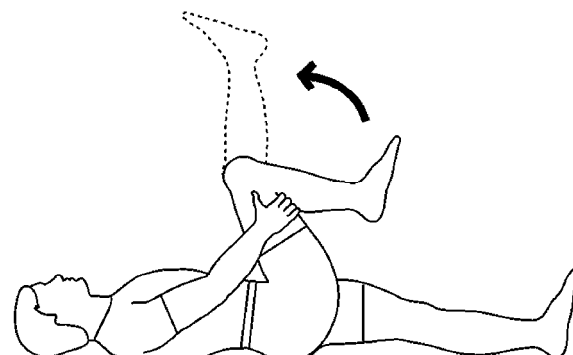
Hold exercise for 10 Seconds.

Stretch hamstrings supine active

- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Repeat with other leg.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



Stretch groin sit

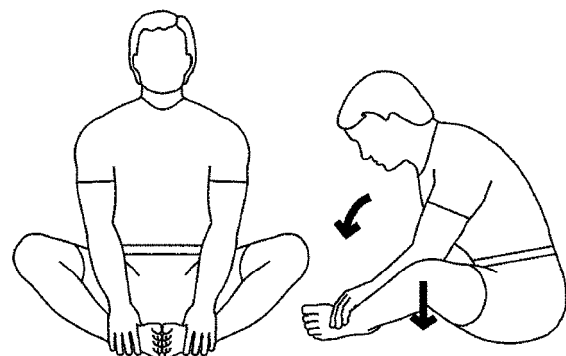
- Sit with knees bent, soles of feet together.
- Slowly let your knees drop to floor.
- Grasp ankles with hands and lean forward from the hips.

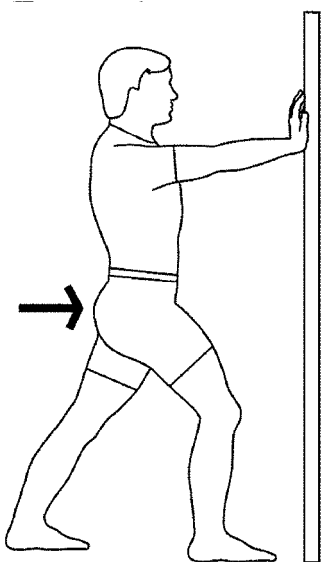
Special Instructions:

Try to keep elbows on inside of knees.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.





Stretch Gastroc uni standing

- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 10 Repetitions,
once a day.

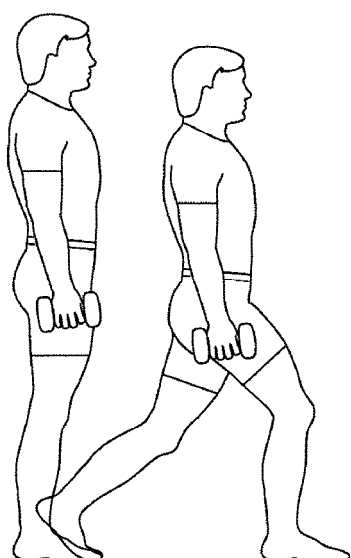
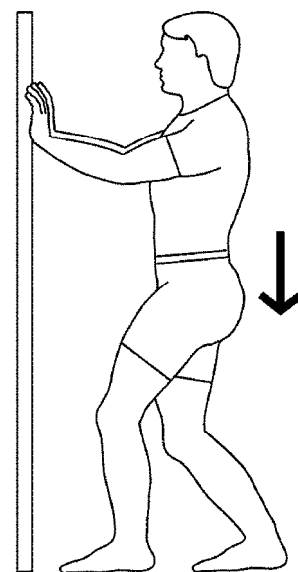
Hold exercise for 10 Seconds.

Stretch Soleus stand

- Stand, left leg in front of right.
- Face wall, hands on wall for support.
- Slowly bend knees, keeping heels on floor, as shown, until stretch is felt.
- Repeat with right leg in front.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

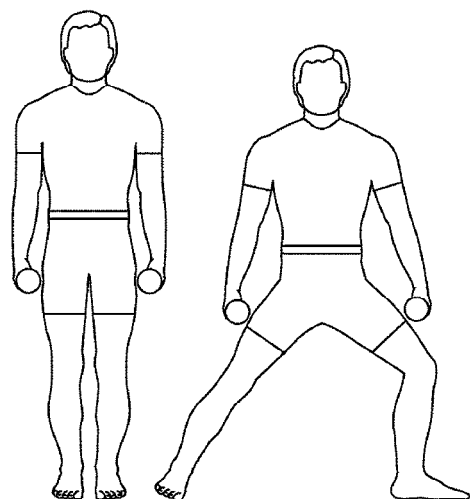


Resist hip/knee flx (fwd lunge) w/wt

- Stand, hold weight in hands.
- Step forward as shown, keeping trunk vertical.
- Push back up to starting position.
- Do not go beyond 45 degrees. Keep knee behind toes.

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

Use 5-10 Lbs.
Hold exercise for 3 Seconds.



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

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

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

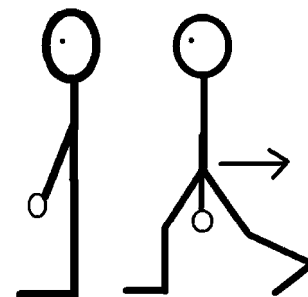
Use 5-10 Lbs.
Hold exercise for 3 Seconds.

Reverse Lunge

- Stand upright, feet shoulder-width apart, holding light dumbbells. Take a normal stride backward (with the “trailing leg”) and rest the toe of the trailing leg on the ground. Now squat down with the lead (“working”) leg controlling the weight of the body. Squat down so that the trailing knee touches the ground, and use the lead leg to return to the upright position.

Perform 2 sets of 10 Repetitions,
once every other day.

Hold exercise for 5 Seconds.

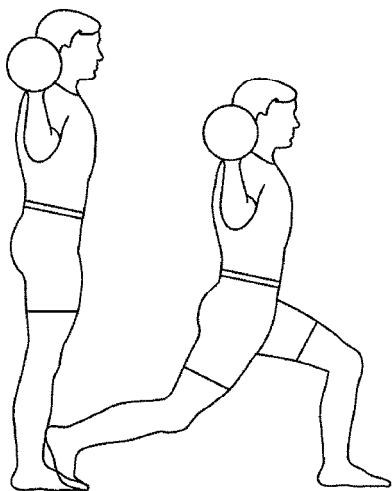


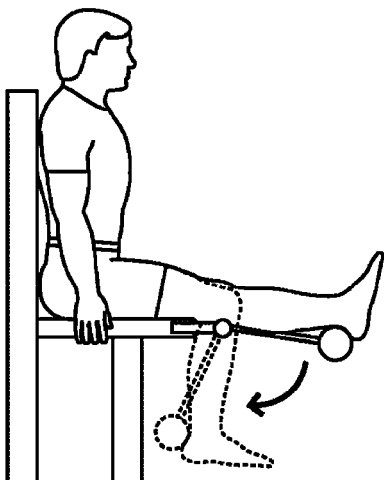
Resist knee lunge w/barbell

- Place bar behind head, resting on shoulders.
- Hold bar with elbows at about 45 degrees.
- Step forward with one leg into a lunge position.
- Return to standing and repeat with other leg.

Perform 2 sets of 10 Repetitions,
once every other day.

Use 5-10 Lbs.
Hold exercise for 3 Seconds.





Resist knee flex uni w/Knee Table

- Sit on knee table.
- Place bolster pads behind ankle of involved leg.
- Begin with knee straight.
- Bend right knee and straighten.
- Repeat.

Special Instructions:
Bring weight up slowly!!!!

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

Use 5-10 Lbs.
Hold exercise for 3 Seconds.

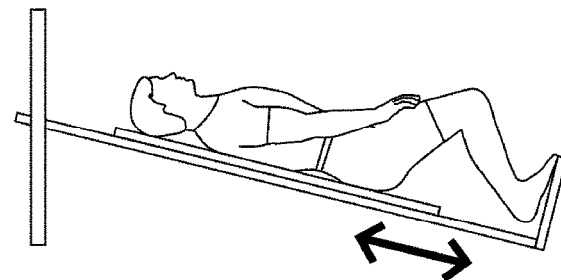
AROM knee squat bil w/incline slide

- Lie on back on sliding incline board.
- Place feet on foot plate.
- Slowly bend knees to 45 degrees.
- Straighten legs slowly and repeat.

Special Instructions:
Do not bend knees past 45 degrees.

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

Use Incline slide.
Hold exercise for 3 Seconds.

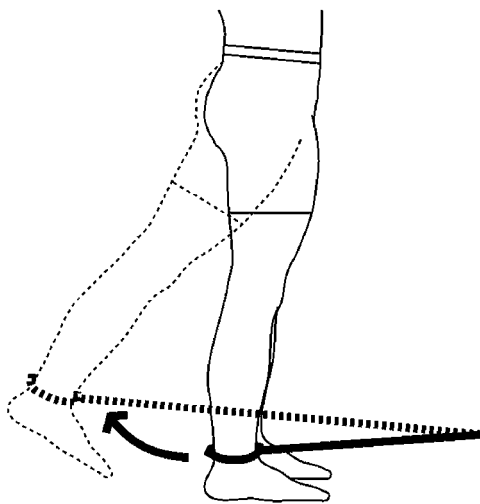


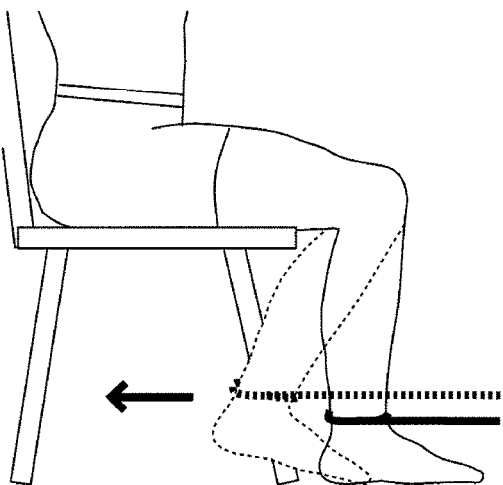
Resist hip ext stand w/elastic

- Attach elastic to secure object at ankle level.
- Loop around ankle.
- Stand, facing toward the pull.
- Extend leg backward, keeping knee straight.
- Return to start position.

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

Use black Elastic.
Hold exercise for 3 Seconds.





Resist knee flex uni sit w/elastic

- Attach elastic to secure object.
- Sit in chair, attach elastic to ankle of involved leg as shown.
- Pull heel under chair through full range, as shown.
- Return to starting position.

Special Instructions:

Move leg back and forth quickly. Good for fast twitch muscles.

Perform 3 sets of 15 Repetitions,
once every other day.

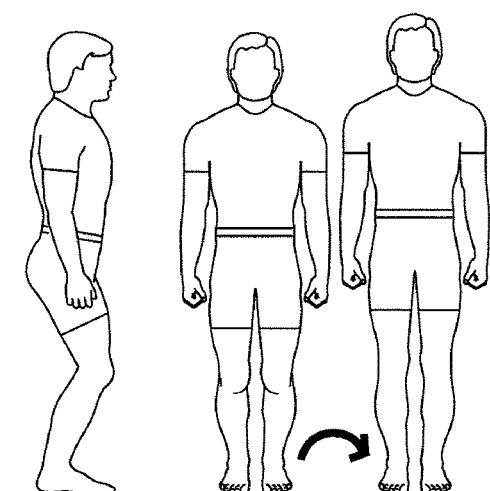
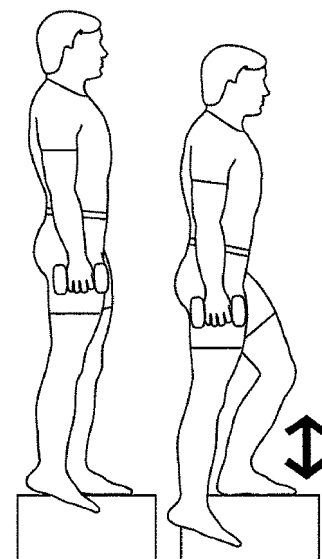
Use black Elastic.

Resist knee step up/down partial w/wt

- Hold weight in hand.
- Place involved leg on step.
- Step up, lifting uninvolved leg off floor.
- Lower uninvolved foot toward floor but do not touch floor.
- Step up again and continue.

Perform 2 sets of 10 Repetitions,
once every other day.

Use 5-10 Lbs.
Hold exercise for 2 Seconds.



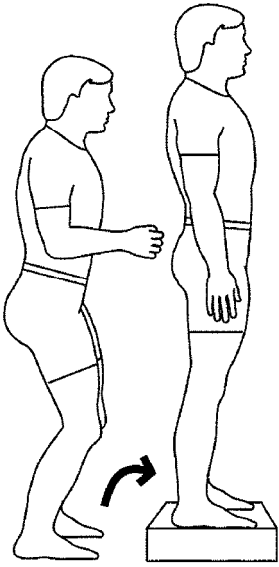
AROM knee plyometric jumps

- Stand with feet together.
- Jump to the left a few inches, with both feet at the same time.
- Jump back.
- Gradually increase the speed until you can do one jump per second.
- Perform the same kind of jump front to back.

Special Instructions:

Make sure knees are bent to approximately 10 degrees. Do not keep knees straight.

Perform 3 sets of 10 Repetitions,
once a day.



AROM knee plyometric jumps front/back on step

- Stand in front of a four inch step.
- Jump up onto the step with both feet at the same time.
- Jump back down to floor.
- Gradually speed up the rate until you can do one jump per second.

Special Instructions:

Do not land with knees straight. Keep a slight bend in knees!!!

Perform 3 sets of 10 Repetitions,
once a day.

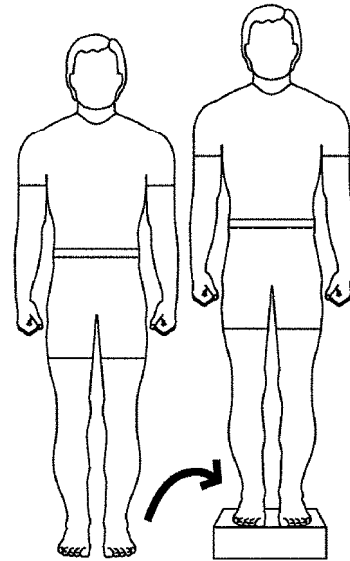
AROM knee plyometric jumps side/side on step

- Stand with right side to a 4 inch step.
- Jump to left, up on to step with both feet at the same time.
- Jump back down.
- Gradually increase speed until you can do a jump per second.

Special Instructions:

Repeat the jumps to the other side. Do not land with straight knees!!!

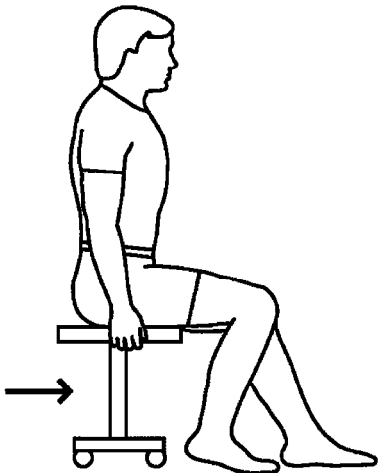
Perform 3 sets of 10 Repetitions,
once every other day.

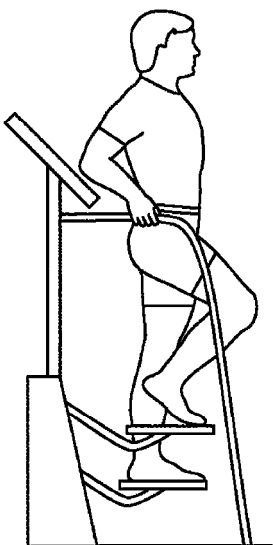


AROM knee fix alt w/stool (hamstring burners)

- Sit on rolling stool.
- Extend one knee and place foot on floor.
- Pull back with knee to roll forward.
- Extend other leg to follow and pull forward.
- Continue alternating steps, pulling yourself across floor on stool.

Perform 1 set of 10 Minutes,
once a day.





Resist knee backwards w/Stairstepper

- Stand on Stair stepper backwards.
- Begin climbing.

Special Instructions:

Hold onto rails for safety.

Perform 1 set of 10 Minutes,
once every other day.

AROM gait walking backwards w/Treadmill

- Stand on side of Treadmill.
- Start belt of Treadmill.
- Step onto belt backwards and begin walking backwards.

Special Instructions:

If the Treadmill model is advanced the belt may have a backwards setting. If this is the case, select backwards setting.

Perform 1 set of 10 Minutes,
once a day.

